

House of Hope

HAPPENINGS



Winter 2008



Magic Happens Here

Bobbi Tschirgi,
Executive Director

Holiday season at House of Hope begins the first week of December, when the Soroptimist women of San Pedro deliver a beautiful Christmas tree for our main house. To complete this holiday occasion, they bring individual gifts for each client and a wonderfully prepared dinner to boot! Tears of gratitude flow during this evening, as our ladies respond to the thoughtful generosity of people who give to women they have never met who are less fortunate than themselves. Our clients can't believe that people would be so kind for no reason other than to bring happiness during this season. Similar scenes play out during the entire Christmas season, as individuals and groups bring gifts and cheer to celebrate this time of giving.

Our staff often says that magic happens here. Magic consists of impossible feats. Doesn't that describe the experience of recovery for the wonderful women in our six-month residential program and the hundreds of sober House of Hope graduates whose lives have been transformed over the past 53 years? Our many friends make this magic possible through their gifts. They know that we offer women recovery services that the County of Los Angeles and the State of California cannot provide.

The Los Angeles area boasts a fair number of for-profit recovery programs able to help those with the ability to pay fees that can easily exceed \$1,000 a day. Many of these programs offer excellent treatment. The magic of House of Hope is that we provide equally effective and comprehensive, residential recovery services for less than \$100 per day. Our facilities are not luxurious, but we do offer a safe, clean, nurturing environment for our women. Our certified counselors, fabulous Family Program, and 6½ hours per day of structured recovery activities give our women every chance at success. And we subsidize the treatment costs for most women, so we can help those who cannot pay for services.

We have launched an easy way for our friends to help clients recover at House of Hope. We've named this plan of action the Gift of Hope Fund, as it will aid women who want to come to House of Hope and who might not otherwise have the chance. I am confident this plan will succeed because I believe each of

Jack Jones in Concert

Legendary vocalist Jack Jones performs for the benefit of House of Hope Foundation on the Saturday evening, March 28, 2009. This event builds on the success of Paul Williams' concert earlier this year, and promises to fill the 1,500-seat Warner Grand Theatre.

Tony Bennett says this of Jack Jones: "One of the great interpreters of the American Songbook, and he's singing better

and better." Jones's talent and commitment to his art earned him two Grammy's for his singles *Lollipops and Roses* and *Wives and Lovers*. He was also nominated for *The Impossible Dream* and his recording of *Wives and Lovers* was nominated for "Record of the Year." His latest release, *Jack Jones Paints A Tribute to Tony Bennett*, was nominated for "Best Traditional Pop Vocal Performance." His



hit records include *The Race Is On*, *Lady*, *Call Me Irresponsible*, and *What I Did for Love*. With over 50 recorded albums (17 of them charting Billboard's Top 20) and sold-out world tours, Jack Jones continues to charm audiences with his wit, sensitivity and vocal power.

House of Hope Board Member Ed Storti co-chairs the event, along with Executive Director Bobbi Tschirgi. Sponsor opportunities and program ads are still available. Call Bobbi at (310) 521-9209 for details. Tickets are on sale now. Call or visit House of Hope, or order by internet at www.houseofhopesp.org or www.warnergrand.org. VIP orchestra seats are available at \$150 (includes VIP reception with Jack Jones and other special considerations); preferred seating is priced at \$65; and general admission tickets can be purchased for \$50.

you will want to give a Gift of Hope.

Throughout these challenging days of economic difficulty, we need your support more than ever to continue our work. I invite you to read the article on page three and help kick off our Gift of Hope Fund. Give women who are still suffering a chance for recovery. Please join me, my staff, and our Board of Directors in making a donation to House of Hope this Holiday Season. We will cherish your generosity and use your gifts with the care and prudence they deserve.

A Message from the Program Director



*Myrra Alo,
Program Director*

This September I marked my five-year anniversary as Program Director. It was a special time to reflect on our team's progress in expanding and enhancing House of Hope's treatment program. With Executive Director Bobbi Tschirgi's leadership and Clinical Supervisor Angela Degenhardt's professional guidance, we have evolved into a first-tier provider of recovery services. Let me highlight four milestones from the past five years that have been particularly meaningful to me.

Community Service

Five years ago, we waited to be called upon to help with community events. As a result, our women had few chances to give back to the community. Since then we have taken a proactive stance toward community service, seeking out opportunities to be useful. We also started doing things that needed to be done without being asked, like our weekly Neighborhood Beautification program. Today, our weekend calendar is full. We assist the elderly, face-paint children at special events, serve as hostesses, and perform other tasks to support our community. By giving over 1,200 hours of community service each month, we have earned the sobriquet "Women of Sober Dignity" and House of Hope's reputation for good citizenship has never shone more brightly.

Program Expansion

In 2003 our Board of Directors approved a proposal to expand the residential program from three months to six months. At the same time, the number of beds increased from 18 to 24. Because we have more time to work with our women, we offer many more learning and growth experiences during the formative period of recovery. This intensive, all-encompassing six-month program has resulted in a significantly higher success rate among our graduates.

Alumnae Group & Mentor Program

Alumnae involvement has increased remarkably in the past several years. These dedicated women now play crucial, active roles in the lives of our clients. The Alumnae Group has been revitalized and now meets biweekly and raises money for the benefit of our women. They know that sobriety need not be a burden and they insist on having fun. Several times a year they arrange trips to amusement parks and other places where newly sober women experience the fun and excitement of being sober. They also serve as mentors for those in the six-month residential program. Mentors commit to meeting for at least one hour a week with their assigned clients, sharing encouragement and hope. The program teaches both mentor and client to be accountable and allows our women to bond with peers who live apart from The

House. The mentor experience prepares alumnae for sponsorship and gives them a reminder of what it was like to get sober.

Family Program

Shortly after I graduated from House of Hope in 2001, Angela Degenhardt—then the Program Director—introduced Family Night. Patterned after a program at Peninsula Recovery Center, Angela recruited Pierre Droubay to help facilitate the evening groups. Through Angela's leadership and with the support from Board members, staff and The Rose Hills Foundation, the program has evolved into the highly successful Family Program that we have today. I look back and think of how different my experience in early sobriety might have been, had I had the Family Program to teach me positive ways of communicating with my mother and daughter. My reconciliation had to wait until I had worked the 12 steps and made amends. Today, staff encourages family members who may have "written off" the substance abusing woman to give our Family Program a chance. From that encouragement comes some of our greatest success stories.

All of us have felt Angela Degenhardt's guiding hand as we pursued the goals of the past five years. As Clinical Supervisor she has helped keep all of us on the track that has led House of Hope to this point. Her contributions extend beyond the program itself to each individual staff member. In my own case, she allowed me to have my own experience, validating and guiding me along the way. Most of all, she encouraged me to take a broader view of the work we do here. I'll close by thanking the dozens of other people who have helped me help our women during the past five years. I am grateful beyond words for the privilege of being a part of House of Hope.

House of Hope Graduates Nine in October Ceremony



Happy graduates (from left): Katy P., Judi Y., Desiree R., Susan H., Jamaine T., Erinn M., and Laura R. (not shown, Donna C. and Samnath P.)

Give the Gift of Hope

House of Hope announces The Gift of Hope Fund, to provide deserving women with financial assistance so they can come to House of Hope. We launch the Gift of Hope campaign at a critical time for substance abusing: access to public assistance is tightening and House of Hope's ability to subsidize clients has been impacted by a troubled economy. Contracts with the County of Los Angeles partially support 11 of House of Hope's 24 beds. Put simply, only 35 percent of the costs of providing recovery services are paid for by public agencies. That is why

To provide deserving women with financial assistance so they can come to House of Hope.

gifts from private individuals and groups are vital if we are to serve the women who most need our help. And that is why the Gift of Hope Fund has been established.

It costs \$90 a day to give one woman housing, food, counseling, training and other services. At \$2,700 a month for comprehensive recovery treatment, House of Hope offers first-rate care and proven success for a fraction of the cost of private, for-profit treatment centers.

Who will be helped by the Gift of Hope Fund?

Let a composite sketch of a House of Hope client named Christine—on arrival, during treatment and after graduation—describe who will be helped.

ARRIVAL

Christine is 31 years old and comes to us with little more than the clothes on her back. She cannot pay for the services she so desperately needs. She's been beaten down by her disease, bankrupt in every area of her life. Discharged from her last job two years ago, she has been unable to work since then. Her mental and physical health is in jeopardy. She suffers from low self-esteem and has lost the ability to make good choices for herself. Christine lost custody of her two children months ago; they are in the care of relatives. Her family has given up the fight to try to help her. She's been homeless and living on the streets, having run from the squalid apartment she shared with a boyfriend who beat her. Sick and out of options, she asks for help and is referred to House of Hope. A stringent interview process establishes her willingness to work for recovery. Her financial profile confirms that she may be qualified for general relief—\$266 in support and \$162 in food credits. She cannot be enrolled under a County contract. If House of Hope finds a way to subsidize the \$2,000+ monthly shortfall for the cost of her treatment, Christine will be admitted.

DURING TREATMENT

Christine's first week is a blur. Her body detoxifies from drugs

and alcohol. Her personal hygiene and grooming improves and she acquires a wardrobe of clean, donated clothing. She finds a friend with whom she can share some of her dark secrets. After a few weeks, her head clears and her body gains strength. She begins to confront her past through counseling and group sessions. She fights for her own recovery. Staff and House of Hope women help Christine resist the desire to run from her problems and her feelings. After a few months of sobriety, she has learned the great joy in giving back through community service. By participating in the Family Program and parenting classes, she begins to rebuild damaged relationships with her children, parents and siblings. In her last two months in the program, she spends several hours a week in the computer lab, learning new job skills and searching for opportunities to work and go to school. Christine graduates after six months and decides to accept an invitation to become a member of House of Hope's sober living community.

AFTER GRADUATION

Christine shares one of House of Hope's sober living apartments with three other women. The privilege of a sober living apartment requires that she work and/or go to school. She

Christine has joined the hundreds of other House of Hope graduates with the chance for a bright, joyous future.

registers for the classes to get her high school diploma and cleans houses to earn money for food and rent.

Work makes her feel useful, as do the hours she spends helping new women at House of Hope. She earns her diploma and she lands a steady job at a large grocery store. She buys her first car. Christine has been reunited with her children. Although not ready to regain custody, she becomes involved with their school and spends at least one day a week with them.

After 18 months in sober living, she saves enough money to get her own apartment. House of Hope has been her anchor through her first two years of recovery, so she joins both the Alumnae Group and Las Esperanzas—a group devoted to helping House of Hope—and continues to spend time with the women in the residential program. She has a solid foundation of sobriety on which to build a good life. She has her family and many friends to help guide her through the tough times. Christine has joined the hundreds of other House of Hope graduates with the chance for a bright, joyous future.

Help the many women like Christine who still need the services that House of Hope offers. Make a donation to the Gift of Hope Fund by mail, at www.houseofhopesp.org or by calling Maricela or Chuck at 310-521-9209.

Open House Honors Volunteers

Every year House of Hope opens its doors and welcomes alumnae, family and friends for an afternoon of food, music and special recognition. This year's Open House was held on October 12 and honored our treasured volunteers. Each volunteer received a certificate of appreciation and words of gratitude from Program Director Myrra Alo and Executive Director Bobbi Tschirgi. The following volunteers were honored.

Instructors & Group Leaders

Carol Argo, Yoga
Janet Ashley, Literacy Tutor
Kathy Folland, 12 Traditions
Felice Fromm, Massage Therapy
Bonnie Gail, Discussion Group
Helen Gilbert, Discussion Group
Maggie Griffin, Anger Management
Jeff Hilliker, J.D., Legal Matters; Q & A
Marjory Jensen, Life Skills
Jan Kern, Steps & Traditions
Amy MacConnell, Yoga
Carole Mason, Steps & Traditions
Dick Merrick, M.D., Medical Aspects of Addiction; Q & A
Jim Morrow, Domestic Violence; Grief & Loss; Family Program
Meg Morrow, Computer Skills & Lab
Sandy Ormsby, Appearance
Jonnie Simmons, Discussion Group
Laura Wallace, Steps & Traditions

Drivers & General Office

Janet Ashley, eBay; Office Help; Driver
Ernie Astwood, Driver
Kimie Clyne, Driver
Dawn Hubbard, Driver
Linda LoConte, Driver
Valerie Meyers, Special Events
Jane Sigafos, Driver; Photographer



Ernie Astwood (left) proudly displays her volunteer certificate as Myrra Alo and Bobbi Tschirgi look on.



Family and friends enjoy the day

Process Improvement Pilot Project

The Network for the Improvement of Addiction Treatment (NIATX), a national partnership supported by the Robert Wood Johnson Foundation and the Substance Abuse & Mental Health Services Administration, invited House of Hope to join a select few treatment agencies in a Process Improvement Pilot Project. During the six-month project, House of Hope's program staff received guidance from faculty members of the UCLA Integrated Systems Department, executive management of the Alcohol and Drug Program Administration (ADPA) for the County of Los Angeles, and NIATX. Two aims were defined: shorten admission wait times and reduce "no-show" rates. Process improvement requires adaptability and discipline. Staff members gave themselves permission to break with the cycle of tradition and introduce new concepts into the admission process. Myrra Alo, House of Hope's Program Director, was able to report remarkable progress: admission wait times were shortened from nine days to three days and the "no-show" rate for admission was reduced from 67 percent to 15 percent. The positive reaction to House of Hope's results from peer agencies, ADPA managers and UCLA experts has encouraged the staff to continue to look for more areas of improvement.



Carole Mason and "Grandma Helen" Gilbert pose with Tallulah Gay, while her proud owner Gayle Merrick looks on.



Alumnae serve Open House guests



Cake was shared by (seated from left) Lucy, Bobbi Tschirgi, Karen Herrin, and honorees Carole Mason and Janet Ashley.

Everyone Loves a Parade!

The second annual Susie's Parade, benefiting House of Hope and two other charities, brought together kids, animals and adults for a fabulous September day of food and fun on the campus of Rolling Hills Preparatory School. House of Hope's own King Richard and Queen Gayle (Dick Merrick, M.D., and his wonderful mate) presided over the festivities.



House of Hope presents King Richard and Queen Gayle



Renowned House of Hope face painters decorated the Butterfly Lady



Over 30 dogs marched with their owners



House of Hope women mug for the camera



Stilt Man entertained the crowd



(From left) Executive Director Bobbi Tschirgi, Queen Gayle Merrick, Board Member Carole Mason, Volunteer Linda LoConte, Board Member King Richard Merrick

How You Can Help

House of Hope offers many ways to help women who desperately want to find the path to recovery. Money is always welcomed and we have a critical need for operating funds. But for those not currently in a position to make a monetary donation, there are other ways you can contribute.

Monetary Gifts

House of Hope can accept cash, checks, securities, VISA and MasterCard.

Unrestricted Gifts

We welcome unrestricted gifts. They provide us with the flexibility to apply the resources where they are most needed.

Designated Gifts

We accept restricted gifts from donors who want to direct their gifts toward specific needs. Here are some suggestions:

- **Gift of Hope Fund:** provides assistance for women who are unable to pay for House of Hope's services
- **Endowment Enhancement Fund:** gifts and bequests that build on the Dotha Welbourn Memorial Endowment
- **Deferred Maintenance Fund:** create a prudent reserve for major repairs and improvements (e.g., roofs and renovations)
- **Happenings Fund:** become "publisher" of this newsletter

Pro Bono Opportunities

Anyone donating their services *pro bono* will be acknowledged in brochures, newsletters and other publicity opportunities.

- Optometrist
- Physician's Assistant or Visiting Nurse
- Dentist
- Dietitian
- Tree Trimmer
- Heating and Refrigeration Mechanic
- Printer
- Graphic Artist

Volunteer Needs

- Drive clients to appointments and court appearances
- Menu planner/food shopper
- Receptionist/general clerical support
- Work on behalf of House of Hope at PV Resale Thrift Shop in Lomita
- On-call help for special events

In-Kind Donations

The women need a vast array of items like linens, area rugs, "Energy Saver" appliances, single beds, dressers, kitchen utensils, tools, clothing, personal hygiene items, household supplies and food. We also welcome 12-step literature, audio/visual training materials, art supplies, sports equipment and games.

Afternoon Tea

Volunteers Meg Morrow and Bonnie Gail conducted a tea class for the House of Hope women. Food and tea preparation, table setting and proper etiquette were included in the demonstration. Everyone helped create a marvelous table and, donning striking array of millinery, enjoyed a delightful afternoon tea.




A marvelous table was set



The ladies enjoy afternoon tea

HOUSE OF HOPE PRESENTS
Legendary, Emmy-Winning Vocalist
Jack Jones in Concert
SATURDAY EVENING MARCH 28, 2009
TICKETS ON SALE NOW!

Lollipops and Roses
The Impossible Dream
Wives and Lovers
Lady
What I did for Love
Call Me Irresponsible



BUY YOUR TICKETS AT:
INTERNET – WWW.HOUSEOFHOPESP.ORG
PHONE – (310) 521-9209

House of Hope

House of Hope Thanks Our Recent Donors

House of Hope's mission is to provide a clean and sober, nurturing environment for women seeking to recover from the ravages of alcoholism and drug addiction. We appreciate the support of the following donors.

Joan & Victor Alvarez	Kathryn Donald	Patsy Loughboro	Frances Ricks
Anonymous	Gail Edwards	Chuck Mac Kinnon	Chris Robbins
Janet Ashley	Thomas English	Suzanne & Roland Martin	Rolling Hills Prep.
Back to Function	Mary Ericksen	Carole Mason	Mimi Roth
Jane Baker	Mary & Joseph Franco	Virginia Mc Nary	Andre Ruggeri
Stephany Bailey	Gerald Giffin	Marcella & John McDade	Leanore Saks
Erika Barber	Amarylles Hall	Sandra McNeil	San Pedro Fish Markets
Diane Barnard	Kamala Hamilton	Barbara Mignosi	Emma Sauer
Helena Barry	Emily Haney	Meg & Jim Morrow	SGH-R Product Development
Nadine Bartley	Betty Hanner	Bruce Robert Nash	Jonelle Simmons
Beacon House	Karen Herrin	Joan Nester	Cynthia Skale
Merrily Boardman	Sandra Hickman	New Found Life	Marion Smith
Rachel Bruhnke	Helen & Michael Horn	Dennis Niles	Pamalee Solouki
Jeanne Crose	William & Norma Houck	Northrup Grumman	Larry St. John
Sue Cutler	Maureen Johnston	Northwest Reprocessing	Diane Stewart
Olivia Danihel	Sandra Kelso	Pacific Unitatian Church	William Taiyoshi
Callista Dean	Patti & Ron Knoll	Palisades Publishing & Consulting	Michael Toomey
Janice Demore	Natalie Leyton	Margaret Paprocki	United Way, Inc
Vince Dileva	Frances Limbird	Joan Parker	Melanie VanPelt
Anne Doktorczyk	Thomas Linehan	Ursula & Billy Persons	El & James Werner
	Mary Margaret Lorenzi	Pat & Bud Piper	

We add our special thanks to the scores of people who purchased raffle tickets from Las Esperanzas. Participation in this year-long raffle results in direct support to House of Hope. It's not too late to participate. Please go to www.houseofhopesp.org/lasesperanzas for details.

Special thanks to these Major Donors

George Gledson, GC Builders	Las Esperanzas	The Rose Hills Foundation
Herb Kaighan	Matt Man Surf Kids Foundation	San Pedro Peninsula Chamber of Commerce
Herb K. Manuscript Fund	McMillen Family Foundation	William & Mary L. Steinmetz
House of Hope Alumnae Group	Oasis Treatment Center	Bobbi Tschirgi
	Palos Verdes Resale	

We also wish to thank the many businesses and individuals who contributed gifts in kind.

Listed above are donations received between June 15, 2008 and October 31, 2008.

Please call Maricela or Chuck at 310-521-9209 and let them know if we inadvertently omitted or misspelled your name.



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Mission Statement

House of Hope provides a safe, clean and sober, nurturing environment for substance abusing and substance dependent women. Our mission is to help them regain their self awareness, spirituality, dignity, integrity and learn how to live life without alcohol and drugs. We also seek to help them become financially responsible, reestablish family ties and be reunited with their children when possible.



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