

House of Hope

HAPPENINGS



Summer 2008

Miracles Happen



Bobbi Tschirgi,
Executive Director

Each time I write my message for the newsletter, I reflect with gratitude on House of Hope's good fortune. I have come to realize that at House of Hope we work with miracles. Women who seek and find recovery are miracles. Families who are reunited with women they thought were forever lost to them are miracles. And the hundreds of donors and supporters who are friends to our wonderful women and who sustain our work are all miracles as well.

They come in many sizes and we are happy to report that two large miracles recently came about because of the generosity of the McMillen Family Foundation and the William A. and Mary L. Steinmetz Living Trust. Behind both these institutions are philanthropic families who personify the spirit of giving back to their communities. Mortgage indebtedness restricts growth, diverting operating funds that could be used to directly sustain and strengthen the services we provide to our clients. Balloon payments due on two of our properties have been of financial concern to House of Hope. Please take a moment to read our article, Grants Help Retire Mortgages. My heart fills with gratitude that these families have entrusted their precious resources to us.

Speaking to the many individual donors who are reading these words, I hope you will be inspired to continue your support. Fortune has shined on House of Hope, but our daily requirement of funds necessary to provide our services continues to grow. Your donations are still vital to support our work and we always welcome gifts for that purpose. Another way to help secure our future is by considering a designated gift bequest. You'll find them listed elsewhere in this newsletter under the heading, How You Can Help.

Thank you for the many miracles you have bestowed on the women of House of Hope. On behalf of the Board of Directors and all the staff, we pledge to always be worthy of your trust and friendship.

Grants help retire mortgages

We are pleased to announce substantial grants that will allow House of Hope to retire the mortgage debt on two of its residential facilities. These gifts are testaments to the generosity of two wonderful families and validate the prudent financial management practices of House of Hope.

McMillen House

The McMillen Family Foundation has provided House of Hope with a grant to retire the note on our aftercare facility at 245 W. 10th Street, San Pedro. The grant was given after members of the McMillen family toured House of Hope and saw first-hand the work being done for our women in recovery. In recognition of this gift, the four-unit apartment building will be named McMillen House in honor of Karl and Carol McMillen.



McMillen House – 245 W. 10th Street, San Pedro

In addition, the McMillen Family Foundation added a gift of \$35,000 to purchase and install moveable walls in our Adams Center meeting room for use by the Family Program.

The McMillen family built a very successful wholesale plumbing business, based on hard work, honesty and a respect for both customers and employees. The family believes that lives can—and will—be physically, spiritually and financially transformed through implementation of these important principles. The McMillen Family Foundation supports nonprofit organizations serving women and men who have been directly or indirectly

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A Message from the Program Director



*Myrra Alo,
Program Director*

Service to the community has always been a vital part of the structure of House of Hope’s six-month residential program. Our women are taught to willingly give back to the communities from which they took so much, for so many years, while lost in their addictions. There is a magic in “service” that helps these women regain their dignity, respect, sense of worth, and self-esteem. Hope and a sense of purpose replace alienation and estrangement from their communities.

The women volunteer each week at Sage House, a licensed adult day care center run by the Salvation Army. There they help set up meals for the elderly, and entertain them by playing games and singing karaoke. This elder-care process has helped several of our women heal the wounds of guilt and shame they carried from neglecting their own parents and other family members.

Many community service hours are dedicated to our very own San Pedro Community. Each week our ladies participate in “beautification.” Our new women always think that they are going for spa treatments or make-overs! What they actually get is the opportunity to walk around the neighborhood bordering House of Hope, picking up trash and beautifying the streets of downtown San Pedro. Our women work on mass mailings for the San Pedro Chamber of Commerce and other nonprofit agencies, help with First Thursday festivities in downtown San Pedro, face paint at the annual Taste in San Pedro, and participate in the annual Holiday Parade in December.

House of Hope’s women are known for their face painting and their talent is in great demand for various community activities. Among the events at which they participate are the Long Beach Pride Festival, Freedom Festival, Beacon House Block Party, Port of Los Angeles Festival of Sails, South Bay Round-Up, AA Central Office Labor Day Picnic, Department of Public Social Services FunMania, Ponte Vista Mardi Gras, and several different health fairs to name just a few.

I love to watch the transformation, as our women learn firsthand that by giving of themselves they receive the good life. In both our home community of San Pedro and in much of the South Bay, the women of House of Hope have established a reputation as “Women of Sober Dignity.” The opportunity to serve our community is a privilege that we are committed to earn every day. We welcome opportunities to be of service and demonstrate our joy in being productive citizens.

Special Thanks to These Major Donors

Authentic Treatment	Michael Russo Corporation
Bank of America	Allan D. Moore
Lindie Banks	Patricia Mraz
Sandy Barnett	David & Betty Murphy
Beacon House	Neighborhood Church
Phil & Gerry Belleville	New Found Life
Yvonne Boganovich	Shelley Norwood
Brannan Family Foundation	Oasis Treatment Center
Casa Palmera	Joseph Ollivier
Doyle Charboneau	Palos Verdes Resale
Cirque Lodge, Inc.	Parkhurst Galleries
Merle & Kathleen Countryman	Harold Payne
Janet & Mitch Dion	Sandy & Ina Sarver
Echo Northrop	Esther Schroeder
Gerald Germany	Irwin Shapiro
Nick & Olivia Giuntini	Skincare by Laurie (Robert & Laurie Manley)
Global Management Company	Susan Soderlind
Deborah Gray	Soroptimist International, San Pedro
Honorable Janice Hahn	Spero Retreat of Beverly Hills
Howard Herron	Bill & Mary Lou Steinmetz
Joan Hogan	Larry St. John
House of Hope Alumnae	Ed Storti
Intervention 911	Pat Straub
Marjory Jensen	Barbara Swift
J. Jill, Manhattan Beach	The Beach House
John Gogian Family Foundation	The Canyon at Peace Park
Susan Johnson	The Silk Family Foundation
Herb & Mary Kaighan	Torrance Memorial Medical Center
Kaiser Permanente Foundation	Bobbi Tschirgi
Jan Kern	Twelve Step Guide by Herb K.
Koala Group	Weinstock Accountancy
Gina Lansing	Emery Welk
Las Esperanzas	Westside Sober Living Centers
Christi Lynch	Paul Williams
Suzanne & Roland Martin	
Carole Mason	
Chris McMillen	
Karl & Carol McMillen	
Richard Merri ck, M.D.	

Family Program

“We also seek to help them . . . reestablish family ties and be reunited with their children when possible.” -- excerpt from the House of Hope Mission Statement

The staff at House of Hope has always known that a focus on recovery requires a focus on the family. Thanks to a generous grant from The Rose Hills Foundation, House of Hope was able to launch a Family Program in August of 2007. The program seeks to bring House of Hope clients and their family members together in a healing environment under the guidance of professional counselors and therapists.

Tuesday evenings are Family Night at House of Hope. Clients and their family members gather for activities conducted under the supervision of a clinical supervisor, licensed marriage and family therapists, and licensed and certified counselors. A one-hour education presentation by a trained professional is followed by a questions and answers. This component of the Family Program educates family members and clients about substance dependence and addiction, and ways to cope with its effects. Among the topics presented in the first year were family systems, codependency, domestic violence, communication, building trust, boundaries, post traumatic stress syndrome (PTSD) and medical aspects of addiction. Next, clients and family members meet in professionally facilitated breakout groups. An appropriate environment is created for a safe exchange of feelings. Both paid and volunteer counseling professionals help guide these groups. The communication process is intense, but carefully controlled. Each group member is encouraged to talk about her or his issues and to express any resentment that may have built up over the years. A potluck supper is held periodically. These suppers have helped break down barriers to communication and strengthen family bonds. Former Family Program participants are invited to return for this night.

The words of those whose lives have been changed best describe the Family Program. One client's mother said, “I have not only learned how to build a healthier relationship with my daughter, but I have also learned more about myself and how to better communicate with my co-workers. I am really going to miss you guys. This has been an awesome experience for me.”

A woman whose divorced parents both participated in the Family Program stated, “This is the first time in 13 years that both of my parents have been able to sit in the same room with each other. Not only that, they have continued to come back and participate each week for six months. The greatest reward is that I have been able to establish a relationship and set healthy boundaries with each parent individually.”

A client's twin sister, who has attended the Family Program for the past nine months, stated recently that, “I am now able to trust my sister again with babysitting my kids, using my car, and being accountable. Family Group allowed us to break through the barriers of communication that were hindering our relationship. I am so grateful to have my sister back in my life.”

All of us at House of Hope are grateful to be able to offer critical family services to our wonderful women. The McMillen Family Foundation and The William A. & Mary L. Steinmetz Family

Trust have joined The Rose Hills Foundation to help sustain and strengthen the Family Program in the coming year. We continue to seek donations to help us build on the foundation we have laid.

We Need Your Help

Pro Bono Opportunities

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

- Optometrist
- Physician
- Physician's Assistant
- Dentist
- Visiting Nurse
- Dietitian
- Beautician
- Tree Trimmer
- Electrician
- Plumber
- 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 at PV Resale Thrift Shop (on PCH 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, personal hygiene items, household supplies and food. We also welcome 12-step literature, audio/visual training materials, art supplies, sports equipment and games.

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 will set up restricted gift categories for donors who wish to direct their gifts toward specific needs. Here are some suggestions for designated gifts.

Endowment Enhancement Fund: gifts and bequests that build on the Dotha Welbourn Memorial Endowment

Client Assistance Fund: provide assistance for women who are unable to pay for House of Hope's services

Clinical Supervisor Endowment: sponsor the services of a licensed, professional social worker and therapist

Family Program: sustain programs for clients and families

Development Fund: expand and strengthen our efforts to obtain grants and support from foundations and corporations

Deferred Maintenance Fund: create a prudent reserve for major repairs and improvements (e.g., roofs and renovations)

Happenings Fund: become “publisher” of our newsletter

Graduation

The entire House of Hope staff witnessed four former clients receive degrees and certificates from Long Beach City College at ceremonies held on May 29 at Veterans Memorial Stadium in Long Beach. The degree of Associate of Arts in Human Services was conferred on Marilyn Lee, House of Hope graduate and former Program Assistant. Certificates in Human Services with a specialty in Alcohol & Drug Studies were awarded to Kelly Friday, Bernice Anaya and Loretta Hall. Kelly, a House of Hope graduate and long-time House Manager, was recently hired as fulltime Program Assistant. Loretta, also a House of Hope graduate and former Program Assistant, was awarded a second certificate in Criminal Justice Administration.



From Left to Right—
Loretta Hall,
Bernice Anaya,
Marilyn Lee,
Kelly Friday.



Thanks to These Volunteers Who Help in Our Women’s Recovery

- | | |
|---------------------------------------|--------------------------------------|
| AA Hospitals & Institutions Committee | Susie McNary Johnson, Ph.D. |
| Alanon Family Groups | Marilyn Kay |
| Alumnae Group, House of Hope | Jan Kern |
| Carole Argo | Mamie Kline |
| Ernie Astwood | Las Esperanzas |
| Stephany Bailey | Dori Lee |
| Beacon House Association of San Pedro | Linda Loconte |
| Gerry Belleville | Cheryl Logan |
| Phil Belleville | Chuck MacKinnon |
| Jerry Buchko | Carmen Magallon |
| Kimie Clyne | Carole Mason |
| Merle Countryman | Chris McMillen |
| Katie Destabelle | Richard Merrick, M.D. |
| Kathi Folland | Cissy Mitchell |
| Kelly Friday | Stan Morris |
| Bonnie Gail | Meg Morrow |
| Helen Gilbert | Jim Morrow |
| Wilma Going | Valerie Myers |
| Veronica Gomez | Joe Ollivier |
| Scott Gray | Marlene Peintevia |
| Maggie Griffin | Sophie Powell |
| Harbor Community Clinic of San Pedro | Arnold Salas |
| Lindsay Hardgraves | Carma Sayer |
| Heidi Hartman | Marilyn Sears |
| Marty Stevens-Heebner | Jane Sigafos |
| Jeff Hilliker | Jonnie Simmons |
| Dawn Hubbard | Pam Solouki |
| Marjory Jensen | Soroptimist International, San Pedro |
| Bill Johnson | John Swain |
| | Janice Taus |
| | Women's Health Care Clinic |
| | Mary Zapf |

Grants

(continued from page 1)

impacted by alcohol, drugs or other unfortunate circumstances. In 2002, Karl McMillen gave Torrance Memorial Hospital \$5.3 million to expand an outpatient chemical-dependency treatment program and boost care for adolescents. The result is the nationally respected Thelma McMillen Center for Chemical Dependency.

Mary Lou House

Bill and Mary Lou Steinmetz have long been good friends and generous donors to House of Hope. It was they who provided the down payment that made buying the residential facility at 917 South Palos Verdes Street possible back in 1999. Now, through a grant from their William A. and Mary L. Steinmetz Family Trust, they have made it possible for us to retire the remaining mortgage on that facility. Known affectionately as the “Mary Lou House,” this four-unit apartment building houses seven women in the six-month recovery program and has two apartments for aftercare. It is also the planned location of the child-safe apartment that is part of the Family Program.

In addition to the House of Hope, the beneficiaries of the Steinmetz’s philanthropy can be found in the libraries of hundreds of local schools and in a variety of programs at the University of California, Los Angeles.

The Board of Directors and staff of House of Hope are honored by the trust placed in them by the McMillen Family Foundation and the William A. and Mary L. Steinmetz Living Trust.



Mary Lou House – 917 South Palos Verdes Street, San Pedro

Discovering Love and Tolerance at House of Hope

Heidi knew she was somehow different and the feeling was uncomfortable. Her story parallels those of many women who come to House of Hope. By junior high school she discovered that alcohol and marijuana eased the discomfort and helped her to fit in. With high school came daily marijuana use, coupled with alcohol most days. Stealing from the family and a fast-food restaurant job supported the habit and, by the age of 18, cocaine was added to the mix. Soon the high school dropout moved out of her family's house.

She worked several different jobs, but seldom showed up on time. Out of the 14 jobs for which Heidi can account, she was fired from 12 of them. When times were lean, Dad stepped in to

Fired from her job one last time, Heidi found herself hopeless and homeless with only a bicycle and a backpack.

pay the rent. By her middle twenties, Heidi had stopped using cocaine and marijuana, but alcohol still quelled the uncomfortable feelings. She became a maintenance drinker, consuming alcohol every day just to get by. By the time she began working for her father in the late '80s, Heidi had resumed a 2 gram-a-day coke habit. Over the next seven years, until the business closed, she embezzled tens of thousands of dollars to support her drug use.

The years that followed were filled with trouble: four arrests including one for DUI, numerous court appearances, pretending to admit that drugs were her problem so that she could avoid jail, failed recovery programs, lost apartments, "geographics" in attempts to run away from the problem, hirings and firings—including three times with the same roofing company. The litany of consequences of her drug and alcohol abuse could go on ad infinitum. Gambling became a distraction to avoid facing the mess she had made of her life. "Drinking, drugging and gambling all shut up the noise in my head, so that I didn't need to face the fact that my life was worth nothing."

After years of denial, Heidi entered into her first relationship with a woman at 35 years of age. "The relationship was abusive and destructive," she says, "but I just couldn't stand to be by myself." "I had known almost forever that I was a lesbian, but I never knew how to act; always felt separated and apart from others; felt excluded and never found the right group to fit into." Willing to do anything it took to be loved, Heidi allowed the abuse to continue.

Fired from her job one last time, Heidi found herself hopeless and homeless, with only a backpack and a bicycle. "I lived in fear and terror on the streets for four days, then called my Dad to come pick me up." After sobering up at her Dad's place, Heidi came to the realization that she was suffering from a mental illness. What other explanation could there be for repeating the same bad actions and getting the same bad results? Now in her mid '40s, she could finally admit to herself that she needed help. On February 3, 2005, Heidi visited a mental health clinic and was referred to House of Hope. She had her first intake interview that same afternoon and was admitted to House of Hope the next day.

"I wasn't looking for recovery, actually," says Heidi. "I just needed to get out of Dad's house." After a week of 12-step meetings she found herself identifying with the speakers and admitted that she was an alcoholic. "I felt a great sense of relief that I had a disease and there was hope for me." Groups, 12-step meetings and classes gave her tools for recovery, and soon she felt better emotionally and physically. "For the first time in my life I understood some things about myself and why I did the things that I did."

Heidi graduated from House of Hope's residential program, but she had not grown sufficiently to be invited to move into the transitional living apartments. The staff explained to her that she required too much supervision. Although devastated and heartbroken, she accepted the staff's recommendations for alternative sober living accommodations. Intensive work with her sponsor characterized the next nine months. In a brush with relapse, Heidi returned to her old neighborhood... Not finding her old friends, the threat to her sobriety passed.

Heidi's sponsor insisted that she be of service and give back for the gifts given to her. She chose to give back to House of Hope, "because they gave me my foundation." She attended discussion groups with the new women, joined House of Hope's Alumnae

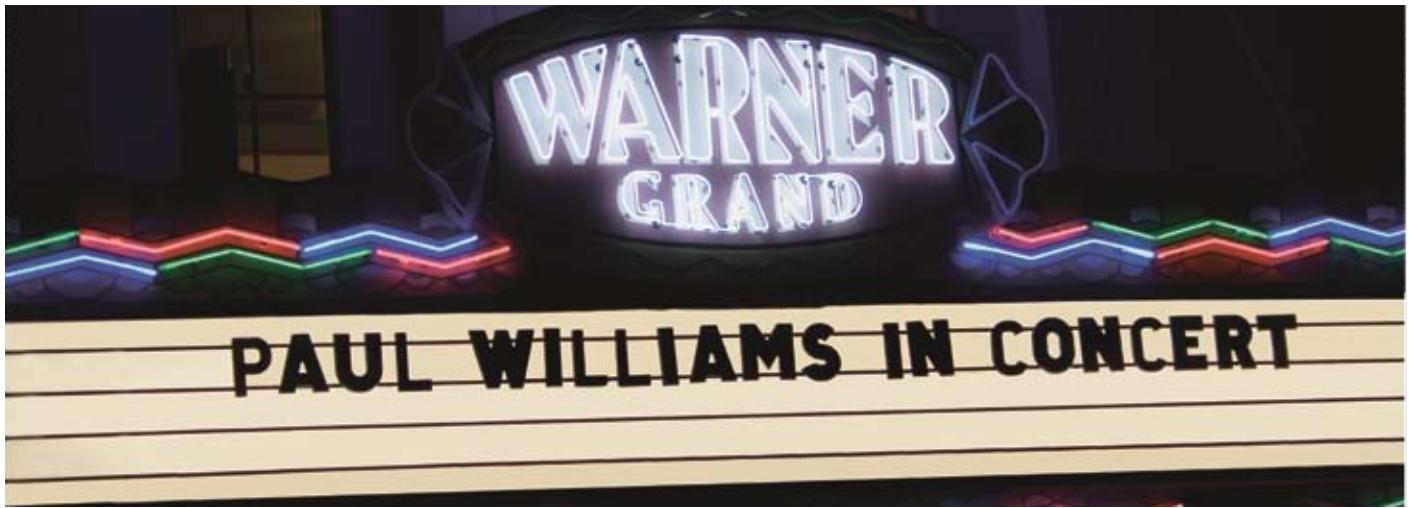
"I felt a great sense of relief that I had a disease and there was hope for me."

group and helped plan and stage events for the women, and became active in Las Esperanzas—a group whose mission is to raise money to support House of Hope. Nine months after graduation, Heidi was selected as Employee of the Quarter for the large home store where she worked and was offered a fulltime job on the Contractor's Service Desk. Heidi asked

to move into House of Hope transitional living and, this time, her request was granted. She had grown and changed through working her program of recovery. After a period of time, she and her sponsor decided that she was ready for independent living and she moved again to her own apartment.

Late last year Heidi was diagnosed with ovarian cancer, requiring surgery and chemotherapy. She returned once more to House of Hope, where she felt secure and where help and support were close at hand. "I had a belief in God that came from working the 12 steps," says Heidi. "But I didn't realize that I had faith until the day after the surgery. On that day I knew I had faith because I no longer had any fear." Another realization came to her while in the hospital: "I was still learning to care about others. As I received many calls and visits, I saw that I could learn how to treat others by the way others were treating me. Every day I try to grow more loving, kind and tolerant of those around me."

Today, Heidi is recovering from cancer and preparing to return to work. She examines her actions and behavior each day, and stays willing to do whatever is needed to grow. She views life in a positive light and lives in a positive way. "My God brought me into recovery, guided me to House of Hope, and remains with me always," explains Heidi. "I discovered that belief in a Higher Power was not enough. I needed trust and faith."



Paul Williams Helps House of Hope

March 8, 2008, was an evening to remember. Oscar and Emmy-winning songwriter Paul Williams performed a benefit concert for House of Hope Foundation to a packed audience at San Pedro's historic Warner Grand Theatre. Harold Payne opened for the legendary artist and included a song he wrote especially for the women of House of Hope.

Board Member Ed Storti led "Team Williams" with tireless enthusiasm in the planning and execution of this event. The third and, by far, most successful annual show and fundraiser, Paul Williams in Concert raised nearly \$80,000 for the women of House of Hope. As important, it introduced House of Hope to hundreds of new friends in our community.

Paul's generosity extended beyond the gift of his time and talent. He shared his personal recovery and praised the work being done by House of Hope and other nonprofit recovery programs. He graciously attended a VIP reception following the concert at the Parkhurst Gallery across from the theatre. Over 200 guests mingled with the artists and received personally autographed copies of Paul's CD, *Love Wants to Dance*.

This premier event raises the bar for House of Hope's annual fundraiser. It represents a foundation on which to build signature events in the years to come. Plans for next year's concert are well underway. The event is scheduled for Saturday, March 28, 2009, and will feature great entertainment by another special star. Concert details will be released soon.



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.

Matthew Accardo	Kathryn Destabelle	Lee Lindahl	Robert & Celia Rothman
Addiction Medicine Services	Carolyn Di Leva	Thomas Linehan	Andre & Elaine Ruggeri
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Sally & David Blood	Helen Gilbert	Nancy Mericle	NormSmith
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Bridges to Recovery	Emily H. Haney	Jim Morrow	Diane Rene Stewart
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Patricia Brody	Fred Hartman	Walter Murrell	Nicolas Stramotas
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Cinde Car	Norma Hydro	Dennis Niles	Toberman House
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Rose Ann Cordoba	Robert & Veva Kaemmerer	Ada Joan Paulson	Nancy Uruburu
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Diane Costigan	Fran Kaveney	Margaret Paprocki	Maricela Villalobos
CRC Health Group	Keller Williams (Mike & Maggie)	Pom Partners	Vitro & Associates
Kimberly Crist	Gail Kettler	Ponte Vista Partners	Ann Vlaic
Jeanne Crose	Marie Kitchen	Port of Los Angeles High School	Nicholas Vrtaric
Jewel Crouthamel	Peter Klarwein	Susan Portillo	Joan Waddell
Cumberland Heights Treatment Center	Steven Kleinjan	Frank & Melanie Poturica	Betty Wall
Jackie Cummings	Carlos Knautd	Marianne Powell	Mark Weimer
Esther Dailey	Ronald Knoll	Diane Proudfoot	Phyllis Weitzman
Kathleen D'Ambrosi	Elizabeth Kramer	Recovery Ranch	James & El Werner
Olivia Danihel	Kroger	The Refuge	Lisa Werner
Ziba Daryabegi	Lynn Kusar	Christina & Bruce Richter	West Coast Counseling Center
Ricky de la Rosa	Varda Lancaster	Ruth Rink	Sandra Williams
Susan Decell	Dennis & Noreen Lane	Chris Robbins	Velma Winey
Degenhardt Family Trust	Langdon Chiropractic	Mike Robbins	Marolyn Zeller
Anne Destabelle	LB/SB Substance Abuse Coalition	Judy Rollins	Robert & Nancy Zicaro
	Monica K. Legget	Donna R. Romens	Sterling Zielen
	Ben & Karen Leyva	Elizabeth Rossotto, Ph.D.	



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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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