



House of Hope

HAPPENINGS

Winter 2011

From the Executive Director



How empty the holiday season would be without the joy of giving. At this time of year, and all year round, we teach our women to give of themselves with a generous heart. Their best lessons come during the holidays, when friends from the community, businesses, and our own Las Esperanzas and Alumnae bring parties, gifts, food and cheerful company to the residential clients who will spend Christmas in recovery at House of Hope.

Most of our women arrive at House of Hope with little more than the clothes on their backs. They are awed by the kindness of all who give without thought of getting anything in return. They learn by example the gift of generosity. House of Hope's women average 1,500 hours a month of community service. This figure grows during the holidays when they assist charitable groups, the city, the county and various other groups with mailings, decorating and toy drives. Our clients learn that being able to give back through their time and talent is a benefit of their sobriety. This helps them to maintain a life without alcohol or drugs.

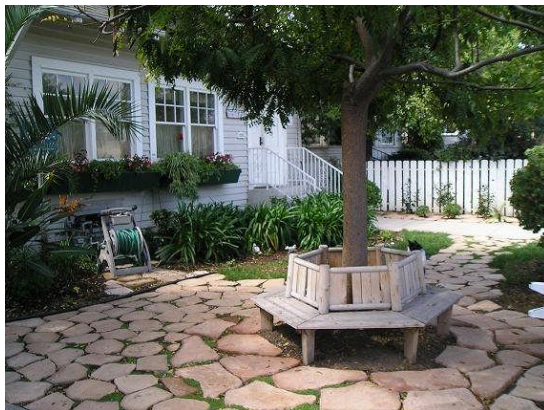
Several of the stories in this newsletter reflect the values of House of Hope graduates whose lives are the embodiment of service. This is demonstrated by

giving back countless hours of assistance to others. They do this while working and going to school.

The joy of this season can be seen mirrored on the faces of each person featured in the stories. It is gratitude, plain and simple, for a new life of giving rather than taking.

Also included in this issue is the story of our *volunteer par excellence*, Jim Morrow, who personifies service through giving House of Hope over 400 hours of volunteering annually.

We're hoping that after reading our newsletter, you will feel moved to help the women who follow in the footsteps of the "givers" in our stories. Your generosity will enable us to continue our mission "*to help restore to health women who are wounded, lost and broken and return them to society with the tools they need to continue their lives of recovery,*"



I wish you all a wonderful holiday and a prosperous New Year filled with love and laughter.

*Bobbi
Tschirgi*

Three Stories of Gratitude, Education & Service

Cara's Story

When you see her today, Cara Bernstein is an outgoing, slender young woman with a clear goal in mind. This was not the case for many years, when addictions to alcohol, drugs and food pulled her down. She may have stayed there had she not found House of Hope in October 2007.

Cara knew firsthand about alcoholism from her father who was a recovering alcoholic and she often went to AA meetings with him. Ironically, she drank first in junior high with the daughter of a friend of his from AA. High school was a whirl of drinking and partying, doing meth, crack, pot, ecstasy and eating more and more food. She was obese, filled with fear and shame. The pattern spiraled.



In the next three years she was arrested for possession and trafficking, had an abortion, came clean, relapsed and went in and out of outpatient treatment programs. Seeing her fail in these programs, her judge told repetitively her that she needed to be in an in-patient program. She dismissed it. Finally counselors in one of the outpatient programs recommended House of Hope. Cara was at her bottom, obese at 200 pounds, hating herself, with nowhere else to go.

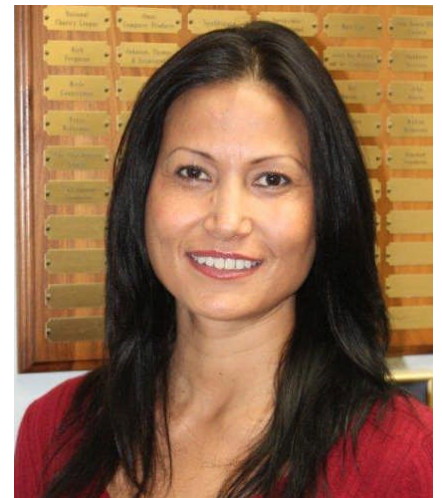
Unlike her earlier programs, Cara says, "House of Hope was unlike anything I had ever experienced. It was such an educational, structured environment." She enjoyed the classes and the meetings, in particular Family Night where she, her mom, and her dad enjoyed being together as a family. She discovered she could make friends with other women. She loved journaling, finding out through it who she really was and what she wanted.

Now in House of Hope Independent Living, Cara leads a productive full life. She has a steady relationship with a sober man. She sponsors other women. She earned her AA degree at Los Angeles Harbor College and is presently a junior at California State University, Los Angeles, majoring in business and marketing. She loves to sing and dreams of combining her business background with her love of music to one day open a sober coffee and music shop.

Through her acquired self-esteem, Cara can now deal with her fears and doubts. She is happy and moving forward, grateful to House of Hope for the opportunity to take control of her life.

Dani's Story

A downward spiral of ever increasing addictions, moving from city to city, losing one job after another, going from one relationship to the next, trying out several rehab programs only



to relapse, finally brought Dani to San Pedro. Dani says "I would do anything for the House," of course she's referring to House of Hope.

Dani's early childhood was troubled. Her older brother was killed in a car accident when she was in junior high. Her parents divorced and her mother married Dani's PE teacher, which contributed to Dani's not wanting to go to school. Cutting classes and doing meth, she barely graduated from high school. Then she moved to San Diego – the first of

many moves – working occasionally as a dental assistant, while at the same time, drinking, using and selling drugs. She wrote prescriptions from the dental offices where she worked and ended up in jail, losing everything. This pattern repeated. She moved in with a dealer, became an escort, moved again, but this time to Boston with yet another addict boyfriend. She couldn't keep a job. The addictions got worse. She added new drugs. Returning to L.A. with a new boyfriend, moving from hotel to hotel, she finally realized she was an out-of-control addict/alcoholic.

With her mother's help she tried four rehab programs and subsequent sober living facilities, but Dani relapsed again, falling deeper into her disease. By December 2008, she was desperate and searching for a program that would work. She found one that did – House of Hope! It has been her "home" ever since. She loves the structure of the program, the meetings, the support system, the classes and an excellent nutrition program. For the first time, she stuck with a program. She took notes, educating herself on her disease, growing as she learned. Dani can be often heard to say, "House of Hope is a place that makes it possible for you to accomplish your dreams." As a productive graduate of House of Hope, she sets an example for the new women.

Today Dani is studying to be a dental hygienist at Harbor College. She has good friendships, healthy relationships, and a long-term boyfriend. She now sponsors other women. Her bright white teeth and broad smile are a reflection of the dreams House of Hope offers.

Stacy's Story

Stacy's entry into House of Hope in January 2009 marked her twelfth treatment program in twenty years. When Stacy dropped out of high school and became immersed in a life of substance abuse and hard living, an education was the least of her concerns. Now, a House of Hope graduate and an active member of House of Hope Alumnae, she is gratefully closing in on her third year of sobriety, as well as her AA degree from Los Angeles Harbor College. Her next step is to transfer to Cal State University Dominguez Hills to obtain a Bachelor's Degree in Human Services.

Stacy's transformation from homeless junkie to a proud woman of sober dignity and college student is just one of the awesome examples of what happens to women who enter treatment at House of Hope. "I didn't really want to get clean," Stacy concedes. Before joining the House of Hope family she was sleeping on her Dad's couch to escape an extremely abusive marriage and wanting to end her years of substance abuse. Stacy needed somewhere to be safe and protected while getting the clean break necessary to change her life once and for all. Homeless and tired, she found a safe harbor at House of Hope.

While she found immediate refuge at House of Hope, Stacy found it impossible to sleep. To calm her nerves, she took hot showers in the early mornings and pleaded with

God for some kind of solution. He provided her with what the Big Book of Alcoholics Anonymous refers to as a "spiritual experience." Since then, Stacy's life has been transformed. "All of a sudden I could see and it became really clear to me what my mistakes in past treatment programs were and I began to do the opposite."

The combination of Stacy's past experience in alcohol and drug addiction, along with her transformation through recovery and educational process has led her to her passion, "helping others with this disease and making a change in other people's lives."



For Volunteer Opportunities please contact
our Director of Volunteer Activities,
Karen Herrin, at (310) 521-9209
or visit our website

www.houseofhopesp.org

Betsy's Story

Gratitude is expressed through attitude and actions, not mere words. Betsy F., uses her many talents to show her gratitude for the new path in life and the recovery process she has found through treatment at House of Hope. Betsy has made good use of her time in sober living giving back to the House that, as she says, "literally saved my life."

What makes Betsy's giving so special is not just the time and attention she contributes; it is also the humble and cheerful way in which she approaches her good works. Applying her gardening, sewing, and decorating skills, she has brightened not only the Main House, but also the Sober Living facilities. Betsy says of her innovative and fun approach to giving back, "I can't counsel people or provide financial support, but what I can offer is the use of my artistic capabilities to try and create a beautiful atmosphere for healing."



Betsy can often be seen happily making her way around the House of Hope grounds wearing her characteristic apron. She makes being a recovering woman look effortless, even though it has been a long and arduous journey. Relapsing

again after her fourth treatment facility, Betsy recalled her family doctor saying that House of Hope was the last house on the block for her. She entered the House in December 2010. "I gave up," said Betsy. "I just surrendered. The difference this time is that I have a relationship with God, I have a sponsor, I am taking the 12-Steps and I'm being of service."

House of Hope is more than a mere treatment program to Betsy. It is, in fact, her home and she shows her appreciation daily with her love and service.

Betsy's Mom's Story

Dolores F., an avid supporter of House of Hope and mother of three alcoholic women, knows all too well the heartache and worry that is a constant companion of those close to the alcoholic.

"I have a heart for House of Hope," Dolores stated with earnestness. "I am so grateful to the staff. I don't know how many hundreds of women have been through House of Hope and received help for themselves and their families." Dolores first became familiar with alcoholism and the 12-Step solutions for the problems of both the alcoholic and their family members (via Al-Anon) a few years back when her eldest daughter first sought help for her alcoholism. As a concerned parent, Dolores adhered to the advice of others to seek help for herself through Al-Anon. Her exposure to 12-Step work, her obvious love for the alcoholic, and friendships with others associated with House of Hope initially led Dolores to contribute to the House's efforts in any way that she could. "There are many way to support House of Hope through giving," Dolores said cheerfully.

Although Dolores did not push her three daughters into seeking treatment for their alcoholism at House of Hope, her association with the House planted a seed in the mind of her daughter, Betsy, who eventually entered the Primary Treatment Program. Since then Betsy's life has been transformed in a positive, productive way. Dolores could not be more pleased and grateful. "I have a lot of peace that Betsy is sober and that she seems to be on a new path. I feel comforted by that. Betsy chose House of Hope herself and I think that is the secret to her sobriety. House of Hope has given Betsy the love and security she needs to stay sober."

Dolores is also adamant about letting families of alcoholics know that there is a 12-Step solution for them in the program of Al-Anon. "I want to encourage every parent and family member to embrace Al-Anon, find a friend in that program, and reach out for support and help."

Volunteer Par Excellence

Jim's Story

Who is the House of Hope's best known secret - the volunteer par excellence? It's Jim Morrow, who volunteers lunch hours, nights and weekends at House of Hope (while holding down a full time job), averaging over 400 hours a year without compensation and has been doing so since the 1990s. He attends every graduation, fundraiser and special event held at the House.

Jim Morrow is an unassuming man, down-to-earth, easy to talk with, casually dressed in jeans and a plaid shirt. You feel immediately at ease with him. Not until you have talked with him for a while, do you realize how passionate he is, how dedicated and how accomplished. His passion is helping women who are addicts, prostitutes, homeless, and victims of domestic violence and other multiple forms of abuse. Although Jim and his wife, Meg, have no children, he feels like a parent to women in the house. Jim is a trustworthy male in their lives.

His commitment, which mirrors every facet of House of Hope's mission statement, is "to help restore to health women who are wounded, lost and broken and return them to society with the tools they need to continue their lives of recovery," especially women at House of Hope. He coaches the clients in their recovery individually and in groups. His focus is on domestic violence, abuse issues and grief and loss. One of Jim's favorite activities is House of Hope Family Night, which brings together the clients, their partners and their families for lectures, panel discussions and group therapy. His gentle, "firm but fair" approach, coupled with the ability to gain the trust and confidence of the women plays a large part in his ability to counsel clients and their family members.



He goes "above and beyond" by always being available to listen.

Like others in his profession, Jim draws from his own personal experience with addiction. Today Jim has 27 ½ years of sobriety.

Jim's unstinting gift of his time has been steady, consistent and unwavering. He rarely misses a class

or an event...only then, if he is very ill. While dedicating numerous hours working with women at House of Hope, he also gives volunteer time to San Pedro Mental Health, Rainbow Services, Children of the Night, Shawl House, Recovery Now LA and Beacon House. House of Hope's daily program of recovery would not be complete without Jim's participation. His teachings go to

the core of our clients' issues. From his own experience, Jim knows that recovery is difficult, but the rewards great. "The longer the women stay at House of Hope, the better the chance that they will make it in the real world."

His example of never resting on one's laurels, but to improve and teach through action and growth is an inspiration to clients and staff at House of Hope. Jim has earned the trust of clients, staff and volunteers by his consistent behavior. He raises the bar for all.

It is for all these reasons that he has been chosen as House of Hope's volunteer extraordinaire.

House of Hope Treatment at a Glance

Residential Primary Care Capacity: 24 Women

- Ages 18-64
- 90% come from abusive homes
- 80% are mothers
- 75% have served jail time
- 83% cannot afford treatment
- 90% of clients successfully complete the program
- 85% of graduates move on to attend school and begin careers.

Daily treatment consists of:

- Individual Counseling
- Group Counseling
- Family Reunification
- Parenting Improvement
- Domestic Violence
- Community Service
- 12-Step Meetings



House of Hope also provides a substance-free Transitional Living community that bridges the structured setting of our Primary Residential Program and Independent Living. The benefits enjoyed include economical housing, the ability to go to work or school full time, and the opportunity to create or re-establish supportive relationships with other women, family members and children within a safe and secure environment.

Meet Our Directors



From top left: Merle Countryman, Jim Werner, Phil Belleville, Pat Weinstock, Jan Adams, Gerry Belleville, Dave Murphy, Dr. Dick Merrick, Ed Storti, Melanie Porturica.
Not shown: Tom Christie

Meet Heather



House of Hope welcomes our newest addition, Heather Edney. Ms. Edney has served as our Director of Business Development since February of 2011. Heather is widely recognized for her business development acumen and expertise in marketing. Ms. Edney possesses a keen understanding of nonprofit enterprises and a natural enthusiasm for challenging work. Through her roles in non-profit management she has successfully brought personal and professional experience to the field. Heather's contribution to House of Hope lends invaluable momentum to our continuing success.

Started Thinking Ahead?

(Always consult your tax advisor)



Benefits of Contributing Appreciated Stock

(Held more than One Year)

1. Avoid capital gains tax on the shares transferred.
2. The charitable deduction is the full market value on the date of the gift, not the price you paid for it.
3. Without spending your available cash, your stock market earnings on stocks transferred will benefit the women of House of Hope.

The IRS may not thank you, but the women of House of Hope will.



A Special Note to Seniors

Congratulations! If you're 70½, you've reached the age where you must take the required minimum distributions (RMD) from your IRA accounts or lose a hefty sum to the IRS. As you know, you are taxed when these distributions are made.

Consider the tax advantages of making a tax-free gift to House of Hope from your RMD. A direct transfer must be made from your IRA to House of Hope to qualify.

House of Hope is a I.R.C.§501(c)(3)
Tax ID #95-1868767

Ways You Can Help

There are a variety of ways you can help women at House of Hope. Direct financial assistance is always welcome and we have a critical need for operating funds.

On-line Contributions

Visit our web site and make on-line credit card contributions through PayPal®

Direct Mail Donations

Mail your check directly to House of Hope.

Non-Monetary Donations

Appreciated marketable securities, gifts of art and other property, as well as gifts in kind which may be used by or resold by House of Hope.

Join an Auxiliary Organization

Las Esperanzas and HoH Alumnae are always in need of volunteers to assist with their annual fund raisers and service events.

Designated Gifts

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

- **Scholarship Fund:** provide direct assistance for a woman or women who are unable to pay for House of Hope's services.
- **Endowment Enhancement Fund:** Matching donations and bequests that build on the Dotha Welbourn Memorial Endowment.
- **Deferred Maintenance Fund:** Help create a reserve for major repairs and improvements (e.g., roofs and renovations).

Opportunities

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

- Physician's Assistant or Visiting Nurse
- Dentist
- Optometrist
- Dietitian/Nutritionist



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Mission Statement

House of Hope provides a safe, clean and sober, nurturing environment for substance-abusing women. Our mission is to help women to regain their dignity and learn how to live life without alcohol or drugs.

We at House of Hope know that substance abuse, the interactive disease of alcoholism and drug addiction, can never be cured. We know that the disease can be arrested, given time, with an encouraging environment, educational tools, knowledgeable support groups and, most importantly, the woman's sincere desire to change her life.

Board of Directors

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Jan Adams, J.D.
Gerry Belleville, Psy. D., MFT
Phil Belleville, J.D., Psy. D.
Tom Christie
Dave Murphy
Dick Merrick, M.D.
Ed Storti

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Myrra Alo, Program Director