



There's More Than One Way To Support Arapahoe House

- **Donate your car** – If you have an unwanted vehicle, you can get some more miles out of it by converting it to a charitable donation.
- **Plan for a future gift** – A simple bequeath in your will for any amount or percentage you choose will go a long way to ensure that our doors stay open for years to come.
- **Gifts-in-kind** – Your lightly used items including clothing, personal items, books, games and household items are always welcomed by our clients.
- **Circle of Hope and Healing** – This easy donation program is a monthly commitment that is automatically paid from your credit card, and adds you as a member of Friends of Arapahoe House.
- **Stocks** – A gift of appreciated securities allows you more tax deduction benefits than cash!

For more information about any of these ways of giving, please contact us at development@ahinc.org, or 303-412-3644. ●

News from our Foundation Community

Arapahoe House received a \$7,500 grant from the Xcel Energy Foundation for our Transitional Housing for Families Program this September. Transitional Housing for Families supports mothers with dependent children who are recovering from substance dependence with housing and treatment through case management. In addition to immediate support for these families, part of our aim is to assist in breaking the cycle of substance dependence in families now and for future generations.

We also received a \$15,000 grant from The Denver Foundation for our New Directions for Families Program. New Directions for Families is one of the few programs in the nation that allows mothers to bring their dependent children aged birth to 12 with them into the residential setting while receiving integrated treatment for substance dependence, mental illness and interpersonal violence. New Directions for Families seeks to reunify families and assist mothers in achieving recovery and learning the skills necessary to become self-sufficient. ●

New Website

Arapahoe House recently launched a brand new website! We hope you'll take a few minutes to explore online: www.arapahoehouse.org ●

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Arapahoe House
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News of Substance

A Newsletter Connecting the Community With Our Agency



Visit us on the web at www.ArapahoeHouse.org

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Arapahoe House is Colorado's nonprofit leader in providing affordable drug and alcohol treatment for more than 14,000 people every year.



Arapahoe House

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White House Drug Czar Visits Arapahoe House Program

Denver EFFECT (Entire Family-Focused Effective Comprehensive Treatment), a collaboration serving child-welfare involved families affected by substance use, was honored with a site visit from the White House "Drug Czar", Gil Kerlikowske, director of the Office of National Drug Control Policy.

Arapahoe House is a partner in Denver EFFECT, providing substance abuse treatment, family therapy, and child care to families involved in the program. Denver EFFECT's funding agency, the Children's Bureau, recommended the program for the visit as a result of its promising outcomes in the two years since the project began serving families. These outcomes include significant reductions in clients reporting use of substances

as well as reductions in the amount of clients reporting family, social, or emotional problems. The program has also enabled many children to either remain in the home while family members receive substance abuse treatment, or be reunified with their families while involved in the program.

Kerlikowske emphasized the importance of using this family-focused, collaborative approach to address substance abuse affecting families and children, and expressed hope that these methods would continue to grow in the future. ●



Views from the Field

Did you know?

- \$7 is saved for every dollar spent on alcohol and drug abuse treatment programs.
- In Colorado in 2006, there were 6,269 hospitalized inpatients with a diagnosis of "alcohol/drug use and alcohol/drug-induced organic mental problems," totaling to 30,967 patient days in the hospital. Charges for these patients added up to \$88,853,475; a cost per case of \$14,173.47.
- Substance use disorders continue to be a problem in Colorado, although rates of use have declined since 1979 because of prevention, treatment and enforcement.

Arapahoe House

is a nonprofit organization dedicated to providing an array of affordable services for individual and families with alcohol, drug and other behavioral health problems. With 14 locations and over 20 diversified services, Arapahoe House is Colorado's leading provider of prevention, detoxification and treatment services for alcohol and drug abuse.

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HELP

Patty's Chance to Give Back

Walking into Patty's home is like walking into an elegant interior design store; everything is beautiful and perfectly displayed. Patty, an Arapahoe House supporter, feels blessed to be where she's at, but, there was a time in her life when she could barely afford to buy clothes and food for her family.

"I grew up in a family devastated by alcoholism," she said "I never really got to know my grandfather because he shot himself when I was a young girl. Before that, my memories of him are being drunk when we went to visit him. I basically lost out on having a grandfather."

"My mother was also an alcoholic," she continued. "The disease took over her life when I was very young; she left us. I was able to reconnect with her later in life, and I am happy to say she enjoyed over 40 years of sobriety."

Even though Patty went through much of her life without a mom, she was committed to being a good mother. She has seven children, two of whom were adopted when they were teenagers.



I still have hope for him; because I've seen how powerful treatment and recovery can be for people.

Her family is still afflicted by alcoholism and addiction, but Patty is not giving up.

"My sister has been in Alcoholics Anonymous for 12 years, and one of my sons continues to struggle on a daily basis with alcohol," she said. "I still have hope for him; because I've seen how powerful treatment and recovery can be for people."

"I support Arapahoe House because I truly understand what it's like to be in trouble and without the resources to get help," Patty remarked. "I have seen too many people die from alcoholism and addiction – lives are ruined so easily. I am at a point in my life where I want to give back and make a difference for my children, grandchildren and the community." ●

Arapahoe House would like to thank Patty for her generous support of the programs that serve those entering a life of recovery.



Holiday Stocking Program

The holidays are often a difficult time for our clients who are working toward a better, sober life. Clients always appreciate a stocking and many times it is their only gift during the season. Stockings are given to adolescents and adults who are receiving life-changing treatment at Arapahoe House. A gift of \$25 provides one stocking and a lot of hope for someone in treatment. Contact development to participate: development@ahinc.org, 303.412.3644 or make your donation online at www.arapahoehouse.org. ●

HOPE

Hope for the Holidays

You'd never know it looking at Rhonda, but she's a survivor.

Ten years ago, Rhonda had everything. She balanced motherhood with a successful nursing career and home ownership. Everything changed when she met her husband. They started to dabble in Meth on the weekends.

"In those days people didn't really know a lot about it," said Rhonda. "I didn't know anything about it, so I tried it. It only took one time; unfortunately, I was hooked."

The drug quickly took over Rhonda's life. She quit working and let her RN license lapse.

"I had never been in trouble in my life. Suddenly, I was doing anything I could to get Meth. I wrote bad checks, sold drugs, stole – things I never thought I'd do."

The last time Rhonda was in jail was over both Thanksgiving and Christmas.

"The holidays can be the worst time of the year for someone in the middle of their addiction, or in recovery. I just thought to myself *this is ridiculous*. I knew from that point on that I was going to do whatever it took to get my life back."

Rhonda transitioned back into life. She went into treatment and took whatever work she could get; first, as a cashier and then as a waitress.

The holidays can be the worst time of the year for someone in the middle of their addiction, or in recovery.

"Going through treatment is the only way to get your life back," she said. "Addiction is something you just can't do by yourself. The holidays, especially, are a severe time of loneliness if you don't utilize your support system. I think people suffering from substance abuse have burned a lot of

HEALING

Recovery Rally



Arapahoe House Commemorates September as National Drug and Alcohol Recovery Month

On Saturday, September 19, 70 Arapahoe House staff and clients joined 250 others for the 8th Annual Rally for Recovery, a march from Union Station to the Denver City & County Building. Following the march, Rally for Recovery supporters enjoyed a full program, resource fair and carnival-like jamboree celebrating long-term recovery from addiction to alcohol and other drugs.

"It's important when a person enters into recovery to learn how to have fun sober," said Jerico Domres, team supervisor of Arapahoe House's Aspen Center for Women. "Events like Rally for Recovery are an opportunity for people to see that recovery can be fun. When you've spent a period of your lifetime doing drugs or drinking, and suddenly they're gone, you have to learn how to replace them."

"It is also a great opportunity to see that recovery works; it has no limitations regarding who may be a recovering addict," she continued. "Addiction has no financial or racial parameters, anyone can become addicted."

Join us next year for the 9th Annual Rally for Recovery! ●



bridges with family and friends. But there are groups you can go to like Alcoholics Anonymous and Narcotics Anonymous, phone meetings and online meetings too. You really have to utilize the skills treatment gives you."

After years into her recovery from drugs, Rhonda applied for a job with Arapahoe House.

"They knew my whole background and gave me a second chance. Arapahoe House has been a big part of my recovery."

She started as a counselor and worked her way up. Rhonda earned the highest level of certified addiction counselor accreditation. Now, a team supervisor at Arapahoe House's Detox West, she's been sober for nearly 7 years.

"I never thought losing everything would propel me to the top."

Today, the holidays are a time when Rhonda is most thankful for her second chance at life.

"I could have died doing what I was doing. You always think *it won't happen to me*. It's so rewarding to be here to help the people who come through the doors of Detox West. I know what they're going through." ●



Arapahoe House