

Providing a Safe Home for Women in Recovery

HOMECOMING NEWS

-A FAMILY EXPRESSES THEIR GRATITUDE-

SAVE THIS DATE

Homecoming's 4th Annual Golf Outing Benefit.

September 21, 2009

Pilgrim's Oak Golf Course.

For more information, contact:

—Cher Cook-Boyle @ 443-690-8253.

Dear Homecoming,

I wish to thank you and the many committed people and professionals who are part of Homecoming Project. The structured environment and love that is provided to the residents has allowed my daughter to make a remarkable change in her life and for the lives of the entire family. You were gracious enough to accept

her, after she spent more than 18 months of various inpatient and outpatient rehabilitation programs. We know that addiction must be addressed by looking at things “just for today”, and there is much left to do, but we are so grateful to acknowledge the tremendous improvement in her outlook over the frightened and endangered girl that you took in. **“Grateful Parents”**



“Some people come into our lives and quietly stay. Others stay for a while, leaving footprints in our hearts and we are never the same”

Homecoming's Stats Jan 2008—Jan. 2009

| | |
|----------------|-----|
| Success Rate | 51% |
| Dual Diagnosis | 56% |
| Homeless | 90% |

BENEFIT ATTENDEES

| | |
|---------------------|-----|
| 2008 Golf Benefit | 80 |
| 2009 Spring Benefit | 300 |

“ALUMNI SPEAK”

Hello Homecoming,

I hereby announce my graduation from college this May. This is an acknowledgement to my perseverance in achieving many goals. I graduated with high honors a life

long member of Phi Theta Kappa and the International Honor Society as a Medical Assistant with an Associates Degree. I express my deepest gratitude to Homecoming for all of the love & support

which allowed me to flourish on today.

Better late than never as I celebrate in many new life choices.

With warmest regards and thanks, **London, 2009**

HOMECOMING'S WISH LIST



Cut here -----

Contributor's Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: (____) _____

Type of Donation: (circle one) Cash Gift Card Paper Products Other

Please submit to: P.O. Box 1190, Bel Air, Maryland 21014

Make checks payable to: Homecoming Project, Inc.

FROM OUR CONTRIBUTORS — “WE LOVE THIS PLACE”

“We have been and continue to be major supporters and contributors to Homecoming Project, Inc. We know personally how important this type of program is. Our family was sick with grief when we had our loving daughter turn into someone we didn’t even recognize. We tried everything, but to no avail. At the age of 14 we took her to the family doctor and to a psychiatrist, who threw their hands in the air not knowing how to help us. We dealt with

her addiction and in all the horror wondered if she would be alive tomorrow. We finally learned not to enable her, but to let go and let God. We were then told, when she was ready, she would get help; and we were determined to be there for her. Some sixteen years passed before she was finally ready. After 30 days in a treatment facility and with the help of God, she decided to go into The Marty Mann Recovery House for

women; which no longer exist after losing government funding. It was because of the remarkable job extended care did for our daughter that we made the conscious decision to help other women like her who are struggling with the disease of addiction and alcoholism”.

Loving Supporters of Homecoming Project



“ Our daughter is doing great things with her life today, and it all started in a Recovery House for women. We love her and are very proud of her”

FROM THE DESK OF THE EXECUTIVE DIRECTOR

Let me start off by saying, **Thank You.** Homecoming Project has been fortunate with all kinds of people that contribute to our program, and who know our cause and believe in the vision of women becoming self-sufficient and responsible members of society; but more help is always needed. Because of government cut-backs, many non-profit organizations have been affected and we are

no different. So as a direct result of those cut backs, we have been put in a position to depend more than every on personal contributions. Won’t you assist us in the process of giving continuous personal counseling, group counseling, yoga, acupuncture, therapeutic horseback riding, education, meals, shelter and structured living. We have much to offer but need your help. Donations

come in many forms; money, time, gift-cards, rides to meetings, odd jobs for the women to earn extra money, sponsorship, volunteering for benefits, supporting our benefits and much, much more.

WE NEED YOUR HELPING HANDS.

Robin Keener
-Executive Director-

THANK YOU !!

*“The People that Help Us,
Help Grow Women in
Recovery”*



“ASK MICKI”

“Go as far as you can, and one step further” - Father Joseph Martin

I am often asked why does a person need to go to a halfway house or I prefer the term “Recovery House” after primary treatment. A number of reasons can be cited but let me outline some of my observations in my many years of working with relapse-prone addicts and alcoholics. In the case of Homecoming, many of the residents have been trying for years to maintain abstinence and failed. Why?

Principle 1: The inability to self-regulate thinking, feelings, memory, judgment and behaviors in the transitional phase of wellness. A recovery home offers a drug-free environment, daily structure, focus on stress management and regular contact with professional treatment personnel and self-help groups.

Principle 2: Taking time out to understand what happened. In a short term program (28-days or less) the addict does not have time to fully understand and accept how she has been standing in her own way of getting sober and staying sober. One of the first tasks a new resident undertakes is to complete a Life Use and Treatment History. This story identifies the recurrent self-defeating lifestyle and core personality problems that are associated with relapse.

Principle 3: Relapse education. Addicts need time to internalize knowledge about recovery and relapse. Time is on our side in our long-term program at Homecoming. We can take the time to teach the many coping skills needed as one moves through the phases of recovery. We use a combination of teaching methods including, role playing, cognitive re-structuring of faulty beliefs or thinking and a hint of transactional analysis wherein the resident will identify the sober adult self and the self-defeating acting out child who “wants what she wants, when she wants it.”

Principle 4: Developing a plan to stay sober. I am a firm believer that if you don’t make a plan to be sober and check it daily, relapse can ever so subtly creep in and take over. We start aftercare planning almost from the day the resident occupies her bed. As a team of concerned persons, the Homecoming staff work closely to create a schedule of recovery activities that best ensures a drug-free lifestyle after leaving our house. Topping the list is an absolute need to continue working with a 12-Step sponsor and Home Group. Our residents are also expected to return to weekly group therapy for six weeks following discharge.

In Conclusion., **Relapse** is a frightening word. The antidote for fear is understanding. By developing a better understanding of what relapse is and how it can be prevented, one can stop living in fear. We must keep in mind that addiction is a chronic, progressive and eventually fatal disease that has a strong tendency toward relapse.



I have been privileged to be the counselor and clinical supervisor for Homecoming Project, Inc., for over two years. I am responsible for over-seeing all aspects of the clinical services for the residents in compliance with the Code of Maryland Regulations (COMAR). I conduct weekly group therapy and bi-weekly one-on-one sessions with the residents. I am also responsible for monitoring other co-occurring disorders and making referrals for further psychiatric evaluations or treatment.