

# Homecoming Project, Inc.

Providing a Safe Home for Women in Recovery



## Tenant Based Rental Assistance Eases Transition for Homecoming Graduates

The Harford County Housing Agency - Tenant Based Rental Assistance Program (TBRA) has been a valuable transitional stepping stone for Homecoming graduates. The TBRA program provides housing assistance for eligible clients for up to two years and promotes total self-sufficiency of its clients by the time they are exited from the program.

During the application process, potential clients are required to set manageable, self-sufficiency goals for themselves. The TBRA program allows Homecoming graduates the opportunity to continue to receive case management services by Homecoming Staff.

Heather, a 2010 Homecoming graduate, currently enrolled in TBRA is maintaining full-time employment, paying bills on time, enrolled in community college, taking care of her physical & mental health and maintaining her sobriety through regular 12-step meeting attendance and close contact with her sponsor.

The Homecoming Staff & Residents are grateful for the community resources that are available, such as the TBRA program.

## Homecoming Alumni Give Back

By Mary I.

I am a 2008 graduate of Homecoming and truly believe that Homecoming is one of the greatest blessings in my life. My time at Homecoming gave me the tools to live the full, sober life that I never thought possible. My gratitude for what Homecoming has given me, has inspired me to give back to the House since my graduation from the program. Homecoming has continued to be a constant source of support and love and when I return there, it still feels like "home."

I was thrilled to learn that with the assistance of Ms. Lynn Wickenden, long-time volunteer of Homecoming, that an Alumni Association was being formed for program graduates. Many of us leave with a strong desire to give back but are unsure of how to do so in the most beneficial way. The Alumni Association has allowed graduates to meet on a regular basis to plan alumni sponsored events for the residents and fundraising opportunities.

Many of us come into recovery believing that it is not possible to have fun without drugs and alcohol. In addition to mentoring the residents, the Alumni Association plans to use a portion of our funds to provide leisure activities to the residents, showing them that a life in recovery is fun.

Of the successful graduates in 2010, 89% have continued to maintain their sobriety. I believe that giving back to the place where we started our journey plays a huge role in our commitment to sobriety.

### ***A testimony from Homecoming graduate, Amy H.***

*"It's been 4 years since I was dropped off in front of Homecoming Project in tears, completely hopeless. I had absolutely no desire to live in a halfway house but I had nowhere else to turn. Who would have thought that it would end up being the most positive, life changing experience I've ever had.*

*Homecoming taught me how to live life sober no matter how hard it gets. I have definitely struggled along the way but I can say that I am a completely different person. Even without drugs and alcohol something else needs to change. Homecoming is where I learned the tools to find happiness on the inside. I grew up in that house and will forever look at life in a different way. Most importantly even 3 years later the director of Homecoming has never given up and continues to help me stay on the right path!*

*Thank God for that place, it has saved a lot of lives."*

## Ask Micki...



*"I believe in 'me' today and that I can do anything as long as I am doing the right things."*

*"By doing this module, I have learned certain tools to help me improve my self-esteem. The first thing is that being abstinent from drugs & alcohol will improve my outlook on myself because I will be able to accomplish more in my life - being a good mother and family member."*

*"I am okay with 'me' now no matter what happens and I have learned to accept and forgive myself. I am a good person."*

*"I am worthy of love & happiness. I want to be respected by others. I am learning how to set boundaries & be assertive. I am learning to love & accept myself for who I am. I know that I am not a bad person & that I am not a victim anymore - I am a survivor."*

*"I have discovered that I am strong, mature, intelligent, and empathetic. I am now going to use those strengths to further my education and go into the psychology field to help others like me."*

*"To combat my thinking & behavior patterns, I have made the following affirmations: I am loveable; I can stay clean; I am a good human being (even if my doings fall short at times); I have done the best I could do in my life thus far."*

## Self-Worth and Self-Esteem are the Cornerstones of Recovery



Any addict or alcoholic can well remember those days when we were stealing, cheating, lying and resorting to any means simply to ensure that the drugs and alcohol kept coming. As our dependence on these substances grew, we begin to believe that this was our lot in life -our destiny - to live in a substandard, shameful manner. Chronic hopelessness, making stupid choices, living with constant failure and loneliness destroyed any self-esteem or sense of self-worth that we might have had prior to hooking up with drugs.

In my work at Homecoming I have come to realize that women are most vulnerable to feeling unloved, unappreciated and unwanted. They carry around huge loads of shame and guilt and conclude early on that they are not worthy of love and acceptance. As a consequence they go through life settling for less and not living up to their full potential. They long ago traded in the idea that they could be, do, and have whatever they strived for in life - for the role of victimhood.

You will notice the title refers to both self-esteem and self-worth. I am often asked the difference between these two companions. The best way to think of self worth is to think of how much you feel you 'deserve' something. Many highly capable and talented people sabotage themselves or don't reach their full potential because deep down inside they don't feel they truly 'deserve' what it is they are trying for.

Self esteem on the other hand is more immediate and temperamental. What does this mean? Simply that one's self esteem can change from moment to moment or hour to hour based on superficial things such as how we look on a particular day or how we're dressed. If we perform well in a certain situation or are commended for accomplishing a challenging task, our self esteem can get a temporary boost. At the same time it can take a hit fairly easily if we fail at something or feel rejected criticized.

Through journal therapy, our residents learn the root of their poor self-worth and acquire the tools necessary to change self-defeating behaviors into constructive and nurturing behaviors. A strong belief shared by the entire staff at Homecoming, is that anyone willing to turn their life around and become free of addiction are worthy of a complete program of personal development which we strive to offer.

At the conclusion of the work on self-worth and self-esteem, the residents were asked to write a brief summary of what they had gained or learned about themselves through the many exercises and weekly therapy. Following are excerpts from these summaries. We are extremely proud of the efforts extended by our women and which gives impetus to the phrase used by our Director, Robin Keener, "We grow women at Homecoming."



~Micki Thomas, CAC



Thank you to all of our generous contributors. Because of your generosity, we raised a total of \$35,345.00 from the Fashion Show, Spring Fundraiser & Golf Tournament in 2010.

Our mission would not be possible without your support!

Please see the enclosed donation form if you are interested in supporting our mission.



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P.O. Box 1190  
Bel Air, MD 21014  
410-399-2904  
Email: [hcpi@comcast.net](mailto:hcpi@comcast.net)  
[www.hcpi2006.org](http://www.hcpi2006.org)



## Homecoming Returns to the Runway!

*2<sup>nd</sup> Annual Stiletto Dinner & Fashion Show was a huge success!*

A SPECIAL THANKS TO THE STILETTO COMMITTEE



Melinda Craig  
Rosemary Hajek  
Pam Lund  
Susan Klein  
Lorayne Thornton  
Mary Chance  
Robin Keener



Thank you to our sponsors!

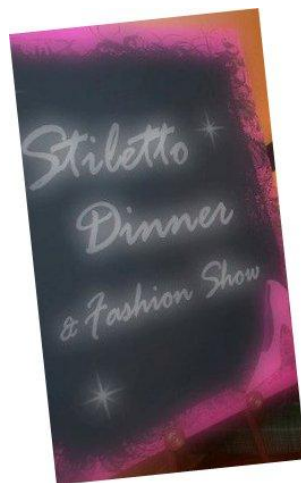
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**Master of Ceremonies**  
**Brad Jackson**  
**Ravens Superbowl**  
**Champion**

**Photographer**  
**Lyndon George**

A Special Thanks To:

David R. Craig  
Harford County Executive



### The Stiletto Models

Tanya Adams	Shana Hersh
Sharon Azzolini	Heather Krout
Carol Butz	Wendy Llewellyn
Judge Mimi Cooper	Pam Lund
Melinda Craig	Nichole Regulski
Judge Angela Eaves	Betty Ward
Rosemary Hajek	Dr. Mary Teddy Wray
	Kim Zarzycki

HOMEcomings PROJECT, INC. 2010 CLIENT STATISTICS

AGE	NUMBER	PERCENT
18-19	1	6%
20-30	6	38%
31-50	9	56%
TOTAL	16	100%
RACE/ETHNICITY		
WHITE	14	87%
BLACK	2	13%
HISPANIC	0	0%
OTHER	0	0%
TOTAL	16	100%
PRIMARY SUBSTANCE OF ABUSE		
ALCOHOL	1	6%
COCAINE	0	0%
HEROIN	1	6%
PERSCRIPTION DRUGS	0	0%
POLY (MULTIPLE) DRUG ABUSE	14	88%
TOTAL	16	100%
MENTAL ILLNESS/DUAL DIAGNOSIS		
YES	10	63%
NO	6	37%
TOTAL	16	100%
HOMELESS PRIOR TO INTAKE		
YES	16	100%
NO	0	0%
TOTAL	16	100%
CLIENT SUCCESS RATE		
SUCCESSFULLY COMPLETED PROGRAM	9	56%
CURRENTLY IN PROGRAM & SUCCESSFUL/MEETING GOALS	6	38%
DISCHARGED FOR NON-COMPLIANCE	1	6%
TOTAL	16	100%
OTHER		
CLIENTS SUCCESSFULLY COMPLETED PROGRAM IN 2010 & MAINTAINING SOBRIETY	8	89%
CLIENTS IMPROPERLY REFERRED/PLACED INTO PROGRAM *	11	-

\*Client had medical and/or mental health needs outside of our scope of services; Client was not dedicated to program of recovery (for example, client entered Homecomings only to avoid homelessness or jail time); Client left program within 30 days of intake.



### **Homecoming Wish List**

We are a family of 12 women (on average). Donations come in all forms. However, gift cards to places such as Target, Wal-mart and local supermarkets are helpful so we are able to purchase items such as paper products, cleaning supplies & food. Many new residents need to purchase uniforms for work and have no money to do so. Donations to our scholarship fund, which is used to help residents with purchasing uniforms and necessary clothing items such as socks and undergarments, are greatly appreciated. We prefer not to accept clothing donations as many times these donations do not fit our resident's needs. We are willing to accept some appliances and housewares for upcoming program graduates and alumni. Please feel free to contact us if you are unsure if a donation fits our needs.

As a reminder, some everyday items have alcohol in them, so please check the contents of food and bath products.



We appreciate all donations and thank you for your support.

**Cut here** \_\_\_\_\_

Contributor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

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

Please make checks payable to: Homecoming Project, Inc.





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