

HOUSE OF HOPE
(formerly Utah Alcoholism Foundation)
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A Non-Profit Organization

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Salt Lake County Division of
Substance Abuse
Orem City CDBG
Utah County Division of
Substance Abuse
Salt Lake County CDBG
United Way of Northern Utah
Salt Lake City CDBG
Mountainland AOG

Visit us on the web:
www.uafut.org

Please help us reduce costs and preserve the environment by sending your email contact information to info@uafslc.org to receive future House of Hope newsletters via email. Thank you!

Program Wish Lists

House of Hope (SLC)

- Minivan, lamps, lawn benches
- Ice/water machine, lawn edger
- Twin quilts, sheets & pillows
- Baby supplies & furniture
- New games, toys, arts/crafts
- Full size toiletries, humidifiers
- Women's/children's clothing
- Strollers, glider rocking chairs
- Handyman/carpenter services
- Individual & group volunteers

Serenity House

- Architect/construction services
- Handyman/yard work services
- Computers, office equipment
- Ice/water machine, whiteboard
- Twin bedding, vacuum cleaners
- Grill, picnic table, sports equip,
- Van, lawn mowers, snowblower
- Office & household furnishings
- Industrial mixer/food processor
- Cash donations for treatment

House of Hope (Provo)

- Children's/infants furn & equip
- Office furniture/equipment
- Twin quilts/sheets/mattress pads
- Crib quilts/sheets/mattress pads
- New toys & art/craft supplies
- Diapers/bags, sanitizer, wipes
- Bottles, binkies, bibs, sip cups
- Towels/washcloths, toiletries
- Strollers, backpacks, luggage
- Van, car seats, vacuum cleaners
- Musical instruments, computers
- Dishes/flatware/plastic cups

Payment Options:

- Check enclosed payable to:
House of Hope
- Bill my credit card:
 Visa MasterCard American Express

Card No.: _____
Exp. Date: _____
Signature: _____

Donations may be sent to:
House of Hope
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Salt Lake City, UT 84102-2317

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Special points of interest:

- Utah Alcoholism Foundation Changes Name to House of Hope
- House of Hope (Provo) New Wing Ready!
- Eccles Foundation Awards Challenge Grant to Help Renovate New Serenity House Facility

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HOUSE OF HOPE HAPPENINGS

Serenity House (Ogden)

House of Hope (SLC)

House of Hope (Provo)

April 2009

Utah Alcoholism Foundation Changes Name to House of Hope

The New Year brings new life and an awakening as the seasons change from winter to spring. For Utah Alcoholism Foundation, the year 2009 also brings with it a change of name to better reflect the agency's mission and the clients we serve. Although Utah Alcoholism Foundation has been in existence since the 1940s, and has provided treatment services throughout Utah since the 1950s, few people in the state of Utah know of Utah Alcoholism Foundation (UAF). However, many do know of the House of Hope programs for the treatment of addicted women, pregnant women, and women with children. Governor Huntsman

speaks often of the House of Hope and the symbolism of "HOPE" that it gives to the clients in treatment. After all, with HOPE, anything can be accomplished.

The mission of UAF, now the House of Hope, is to build futures and unify families to stop generational substance abuse, child abuse, and domestic violence. This is accomplished by providing quality, affordable, substance abuse treatment, education, and prevention services to those in need.

UAF is one of the oldest providers of substance abuse treatment in the State of Utah. It was established to help people

who were addicted to alcohol. The original name of UAF was Utah Committee for Education on Alcoholism. That organization was chiefly responsible for planning, designing, promoting and establishing a state government agency to focus on alcoholism (1947) - known today as the Utah Division of Substance Abuse and Mental Health.

In conjunction with the University of Utah and the Utah Division of Substance Abuse, UAF helped establish the University of Utah School on Alcoholism and Other Drug

Please see Name Change, pg 2

House of Hope (Provo) Has New Space for Mothers and Children

The addition to the House of Hope (Provo) is complete at last! This building expansion project was undertaken because of the lack of space for the children's therapeutic childcare program at our present location, but also due to the general lack of room for every aspect of the program when the beds were full, which they normally are.

This has been a dream come true and I would like to acknowledge three individuals who have brought the project together and have gone above and beyond the call of duty and service. Michael W. DeCarlo has donated all of his time and expertise as the architect for the project. Stephen Stewart and Glen Gabler, with Stewart Legacy Foundation, have gone far beyond the call of duty as contractors to provide the best bids, donated services and materials, in addition to donating their own



House of Hope (Provo) new addition during construction this winter.

time and expertise toward the goal of finishing the new wing in the most cost effective manner, and in as short a time as possible. Words can't express the gratitude we have for these three individuals and all they have done for the House of Hope.

The construction of our new

wing took just over six months, which was amazing. I am astounded by the size and beauty of the new 7,000 square foot addition, and excited about the prospect of having an abundance of space for the mothers and children during treatment times.

Please see New Wing, pg 2

Name Change

Continued from pg 1

Dependencies (1952). It also helped design and promote the establishment of the University of Utah Outpatient Alcoholism Treatment Clinic (1957).

The Alcoholism Treatment Center opened in Salt Lake in 1952, and was the first residential program for 22 men. In 1956, the House of Hope was opened in Salt Lake City to provide residential treatment services for 13 women, as there was little to offer women at that time except public scorn and shame when their addiction became public knowledge. The Serenity House coed residential program was opened in Ogden in 1958. In 1959, the Provo Alcohol Recovery Center opened. In 1972 the Provo Central Utah Addiction Treatment Center opened as a coed, 42 bed residential treatment

center for men and women addicted to alcohol. UAF also had Progress House (to serve veterans), Rainbow House (serving rural areas such as Price and Cedar City), and Brightway, that served adults and later adolescents in St. George, which was closed in 1998. In 1992, the House of Hope Women and Children's residential treatment program opened in Salt Lake. In 2000, the Hope Center for Children (SLC) was opened to provide services to the children of the women in treatment at the House of Hope. In 2003, the Central Utah Addiction Treatment Center was converted to serve 16 women and 28 children, and was also called the House of Hope, serving Utah County and central/southern Utah.

The Foundation, through its Publications Division, was an early pioneer in the distribution of educational

books, pamphlets, papers, slides, newsletters and other literature. These materials have been circulated worldwide.

As the years went by, the drugs of abuse changed, and alcohol, although still very prominent in the top drugs of abuse, was joined by many other drugs, including methamphetamine, prescription medications, cocaine, and heroin, to name but a few. Many clients use several drugs, as well as alcohol, as a means of getting high. Today we find few clients who use only one addictive substance.

It became time for a name change at UAF to address the changes brought about in the addiction and recovery field over the course of 60 years, and to let people know that UAF is really not a foundation, but strictly a 501(c)(3) nonprofit charitable

organization.

We look forward to the next 60 years of providing quality service to Utah communities as the **House of Hope**. The House of Hope will continue to operate: 1) the House of Hope and Hope Center for Children in Salt Lake City, providing residential treatment for 45 women and 45 children daily; and day treatment and outpatient services for up to 30 women and 25 children daily; DUI classes; evening and weekend treatment services; 2) the House of Hope in Provo, providing residential treatment services for 16 women and up to 28 children daily; 3) Serenity House in Ogden, which provides adult coed substance abuse treatment for 25 residential clients and up to 30 day treatment and outpatient clients daily.

*Valerie Fritz
President/CEO*

New Wing

Continued from pg 1

The upstairs group rooms/family spaces are the perfect place for all the women and children in the evenings, and on weekends, to have plenty of space to enjoy bonding time together. The children's services occupy the entire ground floor.

We are so pleased with the new addition! Thanks to our generous donors, including the Jane F.

McCarthy Charitable Lead Annuity Trust, Mountainland Association of Governments and the George S. and Dolores Doré Eccles Foundation, and everyone who helped make the new wing a reality!

We are planning an Open House for Friday, May 15, 2009 from 1:00 p.m. to 4:00 p.m. Please come see how our wonderful new addition!

*Darrell Noble, LCSW
Program Director
House of Hope (Provo)*

In addition to monetary donations, the House of Hope (Provo) needs individual/group/business volunteers to "adopt-a-dorm" and help paint, refurbish with bedding, drapes, bathroom rugs, etc. Please call Darrell Noble at (801) 373-6562 x 304 or email dnable@uafslc.org if you can help. Thank you!

Daniels Fund Gives to Serenity House

Daniels Fund announced a grant of \$75,000 for Serenity House in Ogden. "This generous donation will enable Serenity House to provide quality intensive residential substance abuse treatment for men and women with alcohol and other drug problems who would not otherwise be able to afford treatment," said Valerie Fritz, President and CEO of House of Hope, when she received notification of the grant. "We are grateful for the Daniels Fund's continued support of critical services".

The Daniels Fund operates the Daniels Fund Scholarship Program and the Daniels Fund Grants Program in Colorado,

New Mexico, Utah and Wyoming. The Fund was established in 1997 by Bill Daniels, a pioneer in cable television known for his kindness and generosity to those in need.

Serenity House has also received generous donations of \$5,000 from the Marriner S. Eccles Foundation and \$3,000 from the Rallph Nye Charitable Foundation to help provide substance abuse treatment services for unfunded clients.

Please notify Kelly of any corrections to this newsletter, or to request or cancel a subscription or update your address. 801-487-3276 x 1213 or khousley@uafslc.org.

Thanks to Our Generous Donors & Volunteers Who Helped Make Christmas Special

Julie Ackerman & Family
AF 31st Ward RS
Gina Alexander
Jerry & Meg Alexander
Julie Alusa
Andrea Clark
Anonymous
Associated Foods
Nick & Kristin Augustus
Avenues 1st Ward
Avenues neighbors & friends
F. Samuel Baker
Katie Baker
Robert M. Batler
Gretta Baur
Bechard Family
Terry Begay
Bethany Williams & Family
Mark & Angela Biesinger
Big Ugliers AA Group
Angela Bigler
Doug Black
Maria Blanchard
Virginia Blanchard
Marci & Corby Bleckert
Libby & Bryan Blemler
Maren Bodily
David Bodtcher
Victoria Bond
Brad & Jean Bosen
Bountiful 20th Ward
Tia Bowen
Susan Bozung
Keith Briley
Budget Rent A Car
Linda Burbank & Erik
Beverly A. Burge
Burton Family & friends
Nancy Burton Gayle
Ryan Butcher
Café Espresso
Cal Sanders & Mike Thomas
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Christi Cannon
Pepper Card
Stephanie Card
Emily Carlson
Susan Carter
Jaime C.
Brenda Casady
Diana Cazier
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Catholic Womens's League
Bret & Stacey Chappell
Christopher & Banks
Leslie Clark
Kevin & Mary Colland
Brenda Colleli
Anthony Coppola
Rich Cornia
Colleen Coronado
Cottonwood 20th Ward
Polly Crookston
Leland Cropper
Andrea Curtis
Darren McLaushlin & Julie Fife
Jim & Debbie Davis
Kathy Davis
Davis Jubilee Food and Drug
Carol & Harvey Dean

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Deborah B.
Colleen Densley
Honorable L. A. Dever
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Michele Done
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Nancy M. Dunyon
Ginger Durette
Dept of Workforce Services
Michelle Eberhand
Travis Eberhard
Marie English
European Tan
Christian Faulkner
Kami Felipe
Christina Ferdinand
Food & Care Coalition
Delva Foote
Jack Foriska
Alix Francis
Franklin First Ward
Ken Freeman
FreeRiders
Valerie Fritz
Brett Gardner
Gateway to Giving
Shaddic Gibson
Rachel Goats
Gold Wing Road Riders Assn
Robyn Goodwin
Molly Gregersen
Paige Guion
Christine Gunn
Shyla Hallows
Joey Hanna
Mr. & Mrs. Paul Hansen
Rachel Hardin, Family & Friends
Elizabeth Hartman
Laurie N. Harvey
Johanna Haupt
Blake & Kim Haws
Audrey Hayes
Health Resource Network
Jenny Hewson
Highland Ridge Aftercare
Deborah Hinman
Suzi Hodges
Holdde Creek 15th Branch YSAs
CeCe Holt
David & Dena Hoskins
Rachel Huckaby
Anna Hughes
Mr. & Mrs. Michael Hughes
Nicole Hughes
Scott Hullinger
Imagination Place/Music Together
Sydney Isle
Donna Jacobs
Kriss Jacobson
Cheri James
Jill James
Jane Wallace
Jeff & Lori
Jan Jenkins
Jennifer F.

Michael Jeppesen
Peter Johanson
Misty Johnson
Tom & Teri Johston
Ira & Gayle Judd & Family
Jenny Juhlin
Kammeron & Staci
Raymond D. Keller
Jayne L. Kendrick
Melanie Kieffer
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Billy Klemetson
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Leia Larson & Rob Burton
Haily Laston
Jodi Laurance
Amanda Leavitt
Megan Looper & Ryan
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Tori Miller
Misty & Megan
Rex Moffitt
Martha Moore & Family
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Lise Munk & Jason
Susanne & Andre Musgrow
Emily Mutzkers
Needra Nanayakkara
Nancy Pfeuffer
Katie & Debbie Neilson
Scoot & Liz Nelson
Blaine Nuttall
Oak Hills 5th Ward
Brandon O'Brien
Mike & Kay O'Brien
Orem 1st Ward
Evangelina Ortega Newman
Megan & Adrew Ottesen
Palmyra Ward
Trisha Papadopoulos
Parker Family
Scott W. Perez
Jodee Peterson & Family
Phillips Edison & Co.
Physical Therapists of SLCC
Taiza Pickering
Megan Piercy

PJ's Forgotten Children
Dianna Plagenz
Janis Portrey
Richard & Beth Pratt & Family
Vicky Proctor
Provo PD Victims Advocates
Nina Pryor
Aimee Radmall
Katie Rasmussen
Redman Van & Storage
Amy Reeder
Resource Management, Inc.
Joann & Dave Richard
Darla Roberts
Paul Rodriguez
Dalynn Rohatsch
Cynthia Rounly
Linda Sayge
Merlene Sanders
Sarah
Lucy Savitz
Karli Schulz
Chuck & Tammy Searle
Mr. & Mrs. Kenneth R. Shaw
Shawn G.
Hannah Skeen
Slate Canyon 15th Ward
Bambi & Dan Slater
SLC Comm & Economic Dev
SLC Library Sweet Branch
Salt Lake Regional Medical Center
Sonia Witts
Shantel Sorensen
Amie Stakes
Jade Stephens
Sydnee Stephens & Family
Stratford Ward
Jim Streeter
Lou Swaringen
Shane Tafoya
Taylorsville Fourth Ward
Ten Thousand Villages
Scott Tenney
Brendan Terry
Anne Tompkins
Tony Toscano
Cindy Trimble
Carla Tuke
Susan Turley
Jim Ure
UAF Board Members
Utah Food Bank
Jamie VanBevens
Emily VanCott
Julie Varoz
Joel Van Zanten
Madalene & Joe Vecchi
Veterans Affairs Medical Center
Ken Vrielynck
Wal-Mart
Warburton Family
Amy Whitney
Heather Wilson
Lisa Winger
Leslie Woods
Ralph Yanni & Family
Yogis Give Back
Kjirstin Youngberg
Zellerbach Paper Co.
Zonta Club of Salt Lake Area

A Success Story...

My name is Wendy, and I'm a graduate of the House of Hope. Today I have a very rich and fulfilling life, but it didn't used to be.

In 2000 I was a full blown meth addict. I was using on a daily basis. My entire life was engulfed by using and selling drugs. When I started using meth I was gainfully employed with a national health insurer, but I was very overweight and going through a divorce from an abusive husband. I was told it would make weight loss easy, and when I used it I felt great. But it only took about 6 months before I'd lost my job, alienated myself from my family and friends, and was selling drugs in order to support my habit. Within 2 years I had started shooting up with needles, lost custody of my infant son and incurred 12 felony charges in 2 different counties. I spent a total of 1 year incarcerated. Even being in jail, my addiction was still there, and when I was asked by someone who had smuggled meth into the jail if I wanted to get high, I didn't hesitate. That was my bottom. I'd been in jail for 8 months, attending church and substance abuse support groups, and I didn't even think twice about saying yes.

While in jail I met a girl who had been in treatment at the House of Hope while awaiting sentencing on her criminal charges. She was different than the other women coming in there, as she'd been sober for about a year and was very treatment-oriented. Her attitude about everything was different – she took responsibility for her actions, had goals for a sober life and a plan of how to reach those goals. There was just something about her...it wasn't tangible, but it was obvious...and I knew I wanted what I saw in her. It was hope. Hope for a different life, hope for a future that before that had only involved drugs and pain for me. After talking to her and hearing her story, I petitioned the court to send me to The House of Hope. And they did.

I remember that day so clearly...a woman I'd never met before picked me up from the jail, put me in the back of her car and drove me downtown. She dropped me off in the driveway of a house that looked no different than any of the other houses on that street. I had no idea what to expect, but what I found was people who accepted me for where I was at, who loved me through the hard times, and taught me how to love myself. I spent 3 months in residential treatment, then 6 ½ months in day treatment, followed by 2 years in aftercare. It was the hardest thing I have had to do, because there was no more running, no more hiding – it was time to face the reasons I had used in the first place. They taught me that my drug use was only a symptom of an underlying problem, issues that had affected me my entire life in one way or another – anger problems, risky behavior, acting out, and finally drug use. Those issues were extremely painful to work through, and some of them are a lifelong process. But at the House of Hope I had the support and love to help me begin that journey, teaching me how to walk through it as a woman of dignity.

Since graduating the House of Hope, I have faced a number of challenging experiences. Health problems, custody battles, failed relationships, friends and loved ones who started using drugs again, financial stress, job loss, things that before treatment would surely have sent me over the edge into using, but I have the tools now to get through those things...sometimes gracefully, sometimes by the skin of my teeth, but still sober. And that, I feel, is what treatment is all about. Teaching you how to get through life, on life's terms.

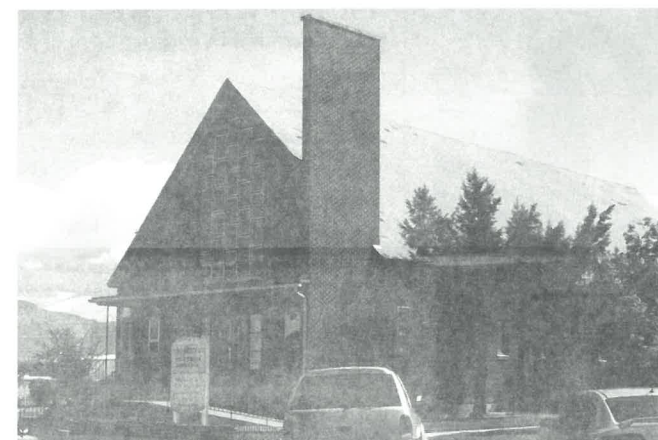
I have accomplished more than I ever thought I could. I worked as a substance abuse counselor for a while, attended college, and now I have a successful career in real estate. I since have had another child and my 2 boys are the world to me. Today I can look in the mirror and like who I see, and I know I have a great life ahead of me. With more than 7 years of sobriety I can look back and be grateful for the struggles I've had, know that I'm far from perfect and that I'm a work in progress. But I'm a happy, strong and intelligent woman today, and I hold my head high, and I'll always be grateful to the House of Hope.

former House of Hope (SLC) client

George S. and Dolores Doré Eccles Foundation Awards \$75,000 Last Dollar Grant

In October 2008, the George S. and Dolores Doré Eccles Foundation awarded a \$75,000 last dollar challenge grant to the House of Hope (formerly Utah Alcoholism Foundation) to help renovate the new facility where Serenity House will be located in Ogden, Utah. "We are in the process of requesting help from the community to reach our goal of raising a total of \$112,674 in match dollars, for the cost of the total renovation - \$187,674," said Valerie Fritz, President/CEO of House of Hope.

Serenity House, which has operated in northern Utah since the 1950s, serves adult, coed clients, and provides residential, day treatment, outpatient, and aftercare services for clients and family members. DUI classes and other courses may be offered to the community depending upon client and family members' needs.



New Serenity House Facility

The renovation includes sprinkling the front chapel and rectory area of the former St. Mary's Church on Pennsylvania Avenue, renovating and re-carpeting the chapel, adding showers and toilets in the back building, which will make the facility ADA accessible, and installing hand pull fire safety equipment throughout the back building. "For the first time, Serenity House will be able to serve clients with disabilities," said Ms. Fritz.

The new facility will

permit an increase from 25 to 32 residential clients in phase 1, and up to 40 clients with the completion of phase 2. "We are very excited about the possibility of expanding intensive residential substance abuse treatment for northern Utah families," added Ms. Fritz. The 2008 Division of Substance Abuse Annual Report cites that over 14,055 adults in Weber County, 3,932 in Davis County, and 5,238 in the Bear River District are in need of substance abuse treatment services. The

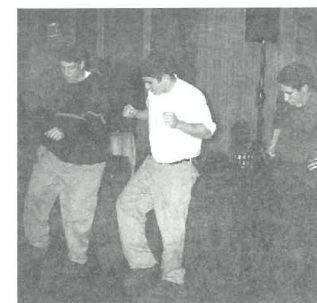
combined capacity of the substance abuse treatment system for these three areas is 4,367. This means that there are at least 18,858 people in need of substance abuse treatment each year who do not receive help.

Your help in raising \$112,674 is greatly needed. Any amount you can donate to match the George S. and Dolores Doré Eccles Foundation's \$75,000 last dollar challenge grant will go to a very worthwhile cause. The expansion of Serenity House's services in this area can make a difference. Please call Valerie Fritz, President/CEO, at 801-487-3276 ext. 1218, or Tammy Leifson, Serenity House Program Director, at 801-392-5971 if you would like to make a donation. Or send a check to: House of Hope, 857 East 200 South, Salt Lake City, Utah 84102, with a note that you are sending match dollars for the George S. and Dolores Doré Eccles Foundation grant.

You can help!

Dance 'til You Drop!

Over the last few months, clients at Serenity House have taken up dancing for their daily exercise routine. In an effort to gain better health and to increase interest in hobbies for recovery, each day they are lead in the Electric Slide, the Stroke and the Watermelon Crawl to get comfortable for the Saturday night dance at Alono, an organization that provides sober activities for recovering addicts. Clients perform community service for the center in order to earn their admittance to the dance. Projects include, but are not limited to, cleaning



Line dancing at Alono Club

the hall and bathrooms, decorating for special occasions, preparing food and drink, shoveling snow, raking leaves and serving meals on holidays. Some of the clients were hesitant to participate at first, but

the atmosphere was kept light with low expectations for coordination, and with a little persuasion, they were prepared enough to dance in public sober.

Clients report an improvement in their level of self confidence, sense of humor, and lung capacity. "I never thought I could do this without drinking, but I found out I really am a good dancer when I'm clean," said a Serenity House client.

Last Saturday night, the entire group broke into a line dance together as the crowd cleared the floor for their performance. This

activity produces multiple benefits for the clients. It fosters cohesion and teaches the value of play mixed with exercise for a healthy, recovering life style. Dance 'till you drop is the theme of the day at Serenity House!

*Tammy Leifson, LCSW
Program Director
Serenity House*

We need groups to have baby showers off-site or to collect new infant items for babies born at House of Hope whose mothers are homeless and have no resources. Please contact Lisa at 801-487-3276 ext. 1205 or lheaton@uafslc.org.

Introducing the Board

Beth Naley Pratt was recognized with a UNA/USFR Heart and Hands Award at the Utah Philanthropy Day luncheon on December 4, 2008. Serving as a member of House of Hope's (formerly Utah Alcoholism Foundation) Board of Trustees since the early 1980s, and Chairperson of the Board since 1993, Beth epitomizes service. With her generous heart and busy hands, she is always making time for the organization – from conducting meetings to collecting and delivering donations and wrapping gifts. Beth also serves on the House of Hope's Executive, Development and Risk Management committees.

Originally from Nebraska, Beth has made Utah her home. Her background is in nursing. She is politically active and works hard to further community education on numerous topics.

Thank you, Beth! We appreciate all you do for the House of Hope!



Beth Naley Pratt, House of Hope Board of Trustees Chair, wraps Christmas gifts for clients.

The Hope Mobile Fund

House of Hope (SLC) is more than two thirds of the way to raising money to buy a mini-van, or as we call it, "The Hope Mobile". We need \$18,000 and have earned \$12,000 so far—only \$6,000 left to go. This money will purchase the vehicle and pay for initial costs of insuring the 8 passenger van which will be used to transport women and children to doctor, therapy, or other appointments in inclement weather

or urgent situations when waiting for the bus is a challenge. "We originally hoped to get a 6-8 seat vehicle donated so we could purchase a 15-passenger van for larger activities with money earned, but have not yet been successful in doing so, and the need for a smaller vehicle is getting more and more urgent," said Lisa Heaton, Associate Director. If you are looking for a project to help lots of families in an immediate way, you can contribute to 'The Hope Mobile' fund by sending a tax-deductible donation to House of Hope's (SLC) "Hope Mobile Project", 857 E 200 S, SLC, UT 84102, or call Lisa at (801) 487-3276, ext. 1205 for more information.



Where Children Come First

House of Hope (SLC) provides comprehensive mental health and case management services for up to 50 young children per month. They also manage referrals to the Hope Center for Children, our therapeutic day treatment program for children whose mothers are attending treatment at the House of Hope. Many of the children are involved with the Division of Child and Family Services (DCFS), and it is not uncommon for families to require coordination assistance for 4-6 separate agencies to meet each child's particular needs. Children's services staff also offer group and individual parenting education, group and individual play therapy for children, advocacy for family reunification, supervised visitation services, and family recreational activities.



Pictured above are: Julie Ackerman, SSW, children's case manager, Kathryn Czuizas, CSW, children's therapist, Rachel McAdams, BS, children's case manager, and Emily Roberts, Hope Center for Children program manager.

House of Hope (Provo) Clinical Director



Kimberlee A. Garner, LCSW

Kim Garner, LCSW, is the new Clinical Director of House of Hope (Provo). Kim is a Licensed Clinical Social Worker from Salt

Lake City, who has been working with young people and their families in a social work capacity for over ten years. Kim received her Masters of Social Work from the University of Utah, Graduate School of Social Work, where she focused on family system theory and developmental psychology. Kim specializes in Mood Disorders, Substance Abuse and Addiction, Oppositional Defiant Disorder, Eating Disorders, Identity Problems, and Parent-Child Relational issues.

Welcome, aboard Kim!

House of Hope (SLC) Annual Alumni Luncheon

On February 26, 2009, over 150 people met at the Hellenic Memorial Cultural Center in Salt Lake City to honor women graduates for the House of Hope's (SLC) Annual Alumni Luncheon. The theme this year, "A Legacy of Hope", recognized the encouragement and wisdom that graduates can give women still in the first stages of recovery. After hearing inspiring words, life stories and musical numbers from past alumni, volunteers and staff, special recognition was given to Karolee Beebe, a graduate of fifteen years and a therapist in the substance abuse field, and Lisa Heaton, House of Hope Associate Director, for eight years of service to the organization. The Ambassador of Hope Award was presented by President and CEO, Valerie Fritz, to Utah Governor and Mrs. Jon M. Huntsman, Jr. for their work in advocating for treatment and giving encouragement to the state's recovery population. Governor Huntsman talked

emotionally about what he called one of the most profound experiences he had in his first term—the day he spent several hours at House of Hope listening to the stories of women struggling with substance abuse. He described that as a changing day for him in understanding the realities and challenges of addiction. In the years since that day, the Governor has continually advocated for House of Hope and educated people about our mission.

At the Alumni Luncheon, the Governor challenged the 120 residents and graduates of House of Hope to tell their powerful stories and to educate others. He told them that they have a responsibility to others who are addicted and not able to get treatment. His wife also spoke about her experiences promoting the "Power In You" message as First Lady, and said that she wanted to make sure that the Award, a signed print of mother and child by Robert Duncan, hung in the Governor's Mansion. House of Hope board members,



Governor and Mrs. Jon M. Huntsman, Jr. receive the Legacy of Hope Award from House of Hope President/CEO, Valerie Fritz, at Alumni Luncheon.

community leaders and other dignitaries were able to mingle with the women currently in treatment and graduates of the program to learn more about the impact of substance abuse and how treatment at House of Hope made a difference.

"I was so inspired by this event," stated one woman who had entered the program only two weeks before. "It gave me the hope that one day I can be as strong as the alumni that I met here today. I want to be one of the success stories that comes back to inspire others at the next alumni event."

"One of our main goals of building an alumni group

is to utilize their strengths and powerful experiences in assisting the women new in recovery who are trying to find their way", stated Lisa Heaton, Associate Director. "These women [alumni] are just further along in their journey. We can all learn from hearing about the perils and promises of the road up ahead."

If you or anyone you know is a House of Hope alumni, we would love to hear from you and make sure that we have updated contact information for our mailing list. Please call Lori Weaver at 801-487-3276, ext. 1211.

House of Hope (formerly UAF) Programs Receive Numerous Donations

The House of Hope is overwhelmed by the many generous donations it has received from individuals, businesses and foundations in support of its mission to unify families to stop generational substance abuse, child abuse and domestic violence, including:

Grants of \$2,000 from the **Castle Foundation**, \$3,000 from the **Henry W. and Leslie M. Eskuche Foundation** and \$3,000 from the **Herbert I. and Elsa**

B. Michael Foundation to help purchase current, evidence based educational materials for the mothers and children of the House of Hope (SLC) and the Hope Center for Children;

Three scholarships of \$1,000 each from the **Willow Canyon Foundation** to help unfunded women complete their outpatient treatment at the House of Hope (SLC);

The Greek Orthodox Church of Greater Salt Lake donated \$1,000 to House of

Hope (SLC) to help unfunded clients.

The Hope Center for Children received grants of \$5,000 and \$1,000 from the **Richard K. and Shirley S. Hemingway Foundation** to help the program with an evening expansion, and a grant of \$1,000 from the **Kenneth & Joanne Mayne Foundation. Yogis Give Back Annual Yoga Class and Fundraiser to Benefit the Hope Center for Children** was held in Salt Lake on December 6, 2008,

and raised \$2,942 for the Hope Center for Children.

The House of Hope (Provo) has received generous support to help purchase commercial quality furnishings and equipment for its new wing addition, including a donation of \$10,000 from the **NuSkin Force for Good Foundation**, \$2,000 each from the **Ronald McDonald House Charities of the Intermountain Area, Nordstrom** and **Merrick Bank.**

Thanks for your support!