



HOUSE OF HOPE

Happenings

www.houseofhopeut.org



Volunteers from Orem's Fishbowl Inventories hard at work transforming the play area at the Provo facility.

Serenity House Receives \$150,000 Daniels Fund Grant

"We're so excited, this is very, very helpful!" exclaimed Valerie Fritz, President and CEO of House of Hope, last September when she was notified that the House of Hope's Serenity House was awarded a \$150,000 grant from the Daniels Fund.

The benefits of this grant are threefold. **1)** It will help fund Serenity House renovations that include new escape windows, additional smoke detectors, fire suppression sprinklers and a new

kitchen stove hood exhaust system. Once completed, it will be possible to contract with the Veterans Administration to provide treatment for veterans. **2)** The Daniels Fund grant has pushed fund raising efforts over the top to meet the \$75,000 challenge grant for Serenity House Renovations from the George S. and Dolores Doré Eccles Foundation. **3)** A \$60,000 portion of the Daniels Fund grant will be used to fund substance abuse treatment for clients who are otherwise unable to access treatment funding.

The Daniels Fund grant program awards money yearly to nonprofit organizations in Utah, Colorado, New Mexico and Wyoming. House of Hope President Valerie Fritz said, "While very competitive, this is the third time Serenity House has received a grant from the Daniels Fund; this is the largest award we have received to date, and the first time funds could be applied to both renovation and treatment costs."



Bill Daniels (1920-2000)

BE AN ANGEL AND HELP US OUT

This holiday season, there are many ways you can make a difference in the lives of the families and individuals at House of Hope programs. You can donate to a project that helps families all year, or assist with a specific project for the holidays. Why not ask your employer about matching your donation to House of Hope? Include House of Hope in your estate plan. To help you choose a meaningful service project, please email: Lisa (in



Salt Lake City) lheaton@houseofhopeut.org to request a flyer; Darrell (in Provo) dnoble@houseofhopeut.org; or Jared (in Ogden) jsanford@houseofhopeut.org.

HOUSE OF HOPE

SALT LAKE CITY

Women and children's residential, outpatient, day treatment and *Prime for Life* DUI education

857 East 200 South SLC, UT 84102-2317
Phone (801) 487-3276
Fax (801) 467-3725

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Developmental services & children's therapeutic day treatment program

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Phone (801) 392-5971
Fax (801) 393-5953

HOUSE OF HOPE PROVO

Women and children's residential and children's therapeutic day treatment program
1726 South Buckley Ln. Provo, UT 84606-5031
Phone (801) 373-6562
Fax (801) 375-9225

SEPTEMBER GREENING PROJECTS

Provo - During the month of September, the grounds of House of Hope (Provo) were transformed. In conjunction with United Way of Utah County's annual *Day of Caring*, up to 70 volunteers from Brigham Young University worked three



Home Depot volunteers busy greening the Provo grounds.

days mowing, trimming and weeding the facility's lawns, trimming bushes and trees, and washing all windows inside and out.

The following week, about 70 volunteers including employees of Fishbowl Inventories, their spouses, and employees of Valley View Landscaping and Four Seasons Landscaping teamed up to improve the children's outdoor play area. "With the new wood barrier, sand, gravel, large decorative rocks and trees, it looks like an altogether different place!" exclaimed Darrell Noble, Program Director.

On the last day of the month, 35 volunteers from the Provo and American Fork Home Depot stores completed the House of Hope's outdoor makeover. Members of "Team Depot" planted 18 trees and 11 shrubs. They added garden lights, wood chips and two new picnic tables. "These volunteers have created a safe, clean and comfortable environment for the families of House of Hope. Their work helps reinforce our efforts to teach the women about being clean and free from substance abuse," said Sarah Engler, House of Hope Clinical Director. "We are grateful for their time and generosity."

Salt Lake City - Last month, volunteers from the Salt Lake City, Millcreek, Sandy and East Sandy Home Depot stores transformed the Hope Center for Children's grounds. Colleen Sadler, "Team Depot" Project Captain, led 40 employees and family members in Home Depot's 2010 "Celebration of Service." "Our goal was to help a lesser known charity that doesn't often get volunteer projects on this scale. We really liked the idea of creating a 'greener' and safer environment for the children of the House of Hope," Sadler stated. "It was so rewarding to see volunteers from all the different stores united in something positive and meaningful."

The volunteers built a large sandbox; weeded, tilled and fenced the garden; cleared the yard; built a patio and two picnic benches painted with the children's handprints. "This was an incredible gift of time and labor that would have taken us years to complete," said Lisa Heaton, Associate Director of House of Hope. "The volunteers also helped

preschool kids build their own wood trucks." The children were excited to see the volunteers in action," reported Heaton. "I was amazed at how much they accomplished and they kept asking what more they could do."

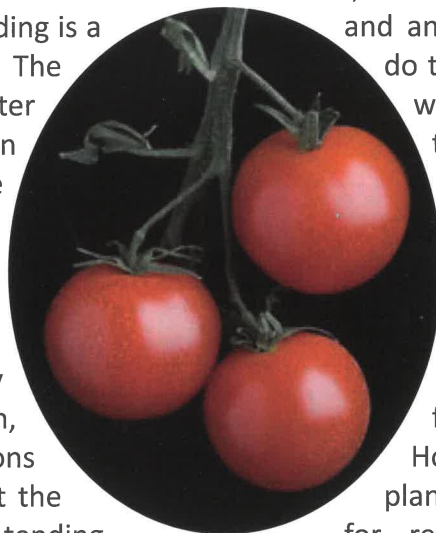
Several Home Depot managers pledged ongoing support, and individual employees offered their skills for future projects. A few weeks later, over twenty volunteers from the Millcreek store returned to paint shutters, remove dying bushes and weeds, plant flowers and a tree, build a retaining wall, benches and an entrance archway. As a final touch, they left pumpkins for the children to carve, lining the steps.

"We are especially grateful for the 'Team Depot' Project managers, the employees, their family members and for the Home Depot Foundation, donor of a \$3,000 grant to pay for project materials," concluded Heaton.



SERENITY HOUSE REAPS WHAT IT SOWS

The move to our new, larger, facility provided the staff new ways to teach and engage the clients. One idea was to start a garden. Behind the annex building is a large area of land perfect for a garden. The soil is sandy, the light abundant and water accessible. With a generous donation from Diamond Rental of a tiller for the day, the ground was tilled, and we started to plant the seeds. The clients were enthusiastic! They often spend their free time between classes and group therapy planting and caring for Serenity House's garden. Tomatoes, squash, carrots, pumpkins, peppers and onions were planted. The clients reported that the time spent working in the soil, caring, tending and watching the seeds grow, was very therapeutic. Learning to care for and nurture something outside themselves was a lesson that gardening was teaching



them. In a society where instant gratification is often the norm, learning to care for a garden teaches patience and an understanding that positive outcomes do take time. The clients were very excited when the garden started producing and they could gather the vegetables and use them in their daily meals. This, in turn, taught them the benefit of using healthy, home grown food in their diets. The journey to sobriety is like the journey of a seed. Growing and tending a garden has been a great experience for both the staff and clients at Serenity House. The seeds that the clients planted have been used as a metaphor for recovery; and the garden experience provided each an opportunity to learn more about his/her path to recovery. We plan to do it again next summer!

Jared Sanford, Program Director

We are always gratified to hear of our clients post-treatment successes. If you, or someone you know, has a story that may inspire others still in treatment, please share it with us.

Serenity House has helped me through some of the darkest times of my life. I didn't know where to get help, my family church and friends had given up on me.

I found Serenity House on the internet. I called and they were understanding and helped me overcome the obstacles I had for getting into treatment.

As a parent, I was choosing the drug over my responsibilities at home. My counselor and case manager taught me the skills I needed to live a drug-free life and the life skills to be a good mother and wife again. My addiction led me to do things I would never have done before. I was ashamed of myself and the guilt was overwhelming. I know the disease of addiction will be with me for the rest of my life, but I now have the confidence, support system and skills to live a drug-free life.

At Serenity House, I'm finally getting the help I need!

Graduates of the House of Hope and Serenity House are encouraged to attend evening aftercare meetings.



The House of Hope's programs have been generating client success stories for over 60 years.

GENEROSITY OF THE COMMUNITY BENEFITS HOUSE OF HOPE PROGRAMS

The House of Hope is very grateful for the support we have received!

With generous grants and donations of \$90,000 from the **Daniels Fund**, \$60,000 from the **McCarthy Family Foundation**, \$15,000 from **Goldman Sachs Bank USA** through the **United Way of Salt Lake**, a total of \$15,000 from the **Utah Families Foundation**, \$12,500 from **Ally Bank**, \$10,000 from **The Church of Jesus Christ of Latter-day Saints Foundation**, \$9,000 from the **Dr. Ezekiel R. and Edna Wattis Dumke Foundation**, along with the incredible support of the **United Way of Northern Utah**, **House of Hope Board of Trustees** and many, many more big hearted members of the community who contributed time, money and commodities, our Serenity House program qualified to receive the \$75,000 last dollar challenge grant from the **George S. and Dolores Doré Eccles Foundation** to complete the renovation of its new facility in Ogden. An additional donation of \$60,000 from the Daniels Fund will ensure services can be provided to many individuals in need.

A generous donation of \$15,000 from the **American Express Center for Community Development** will help furnish the Salt Lake City residential facilities' dining rooms, as part of House of Hope's "Family Unity Plan." Donations of \$5,000 each from the **Episcopal Diocese of Utah**, the **TJX Foundation** and the **R. Harold Burton Foundation** will help provide substance abuse treatment services for families at the Salt Lake and Provo programs.

The House of Hope is grateful for the funding received through **Community Development Block Grants** from **Salt Lake County**, **Salt Lake City**, **Orem**, **Murray**, **West Valley City**, **Provo**, **Sandy**, **Taylorville**, **West Jordan** and the **Mountainland Association of Governments** to repair and maintain our facilities and help provide case management and children's services.

*"House of Hope has given me so many wonderful things!
I'm not angry. I'm the mother my children deserve.
Thank you, for helping me become the person I am today!"*

Excerpt from a recent House of Hope Provo client satisfaction survey.

Additional donors:

Steven B. Achelis Foundation, \$4,000;

Wells Fargo Foundation, \$2,500;

Merrill Lynch and Company Foundation, Inc. \$1,000;

Volunteer and in-kind support:

Utah Food Bank;

The Church of Jesus Christ of Latter-day Saints through its Humanitarian Services, Bishop's Storehouse and individual wards;

United Way of Northern Utah and **United Way of Utah County** and their

many volunteers and donors;

organizations through **Gifts-In-Kind;**

PJ's Forgotten Children;

Yogis Give Back;

Hearts and Hips for Hope;

individual **Boy Scouts**, **Girl Scouts**, troops;

the **Salt Lake Area Zonta Club;**

and countless other businesses, churches,

schools, civic organizations and individuals who through their generosity have advanced the mission of House of Hope to stop generational substance abuse, child abuse and family violence. **Thank you!**



Sturdy new trikes and educational toys for the Hope Center for Children were recently acquired with funds donated from Snell and Wilmer Charitable Foundation.

ON THE JOB 24-7: HOUSE OF HOPE SUPPORT STAFF

House of Hope Support Staff work 24 hours a day to make our clients' treatment process possible. They have a wide range of jobs including staffing the front office, ensuring clients' living areas are cleaned daily, and enforcing program rules. Most importantly, they ensure the safety of our clients and their children.

The most challenging task for Support Staff is rule enforcement. If a client violates a rule, a consequence is given. Clients utilize their thinking errors education to write why they chose to break the rule. This process helps them understand that rules are for their protection, not to work against them. Support Staff members monitor adults and children in the treatment center, living quarters, playgrounds and on group outings. Support Staff members help mothers use appropriate language and help them to correct their actions towards their children and peers.

Support Staff members conduct random drug/alcohol urinalysis tests daily. These tests help clients refrain from using drugs/alcohol and ensure sobriety. Support Staff members serve as role models in keeping clean living spaces and maintaining personal hygiene. They are critical members of the treatment team.

Clients Served Fiscal Year 2009-10				
Program	Men	Women	Children	Totals
House of Hope (SLC)				
<i>Residential</i>		122	61	183
<i>Outpatient</i>		149	78	227
Program Total		271	139	410
House of Hope (Provo)				
Serenity House	75	56	93	175
Total Served	75	409	232	716

HOUSE OF HOPE STAFF CORNER

New Clinical Director at Serenity House - Michele Hart, LCSW

We are delighted that Michele Hart, LCSW, has joined Serenity House as the Clinical Director. Michele received her Bachelor degree in Social Work from Weber State University and her Master's from University of Nevada, Las Vegas. Michele worked for the Weber School District for years. A Licensed Clinical Social Worker, Michele provides clinical oversight to the Serenity House program and conducts individual, group and family therapy. Welcome Michele!

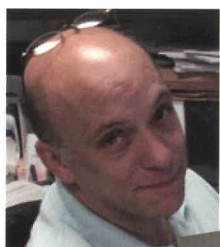


House of Hope (SLC) Residential Therapist - Elizabeth Arrington, CPCe

Liz provides substance abuse and mental health treatment services, including individual, group and family therapy, rehabilitative skills training and case management at the Salt Lake program. She earned her BA in Psychology from Westminster College and her Master's in Professional Counseling from MidAmerica Nazarene University in Kansas. Liz has an excellent background in working with women and children who are victims of trauma and abuse. She is a valued member of the House of Hope (SLC) team.

Celebrating Anniversaries:

Ralph Yanni, MBA, CFO/Fiscal Director, House of Hope, 10 Years
 Melinda Melow-Murchie, LSAC, Program Director, House of Hope (SLC), 10 Years
 Lisa Heaton, LCSW, Associate Director, House of Hope (SLC), 10 years
 Kelly Housley, Administrative Assistant, House of Hope, 5 Years



Ralph



Melinda



Lisa



Kelly

Keep up the Good Work !

I want to help the House of Hope and its programs.

\$25 \$50 \$100 other \$ _____

NAME _____

ADDRESS _____

CITY/STATE ZIP _____

PHONE _____ EMAIL _____

CREDIT CARD # _____

NAME ON CARD _____ EXP _____

Contributions are tax deductible

Needed Items:

- Winter coats
- Full size toiletries
- Games, toys, arts & crafts (new)
- DVD player & movies G, PG-13
- Twin sheets, blankets, pillows
- Gift Cards
- Cookware, dishes, flatware
- Kitchen appliances
- Vacuum cleaners
- Lawn & garden tools
- Snowblower
- Handyman/carpenter services
- Car Seats
- Van

Your Contributions Are Greatly Appreciated!



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