

# HOUSE OF HOPE

## Happenings

[www.houseofhopeut.org](http://www.houseofhopeut.org)

### CELEBRATING 65 YEARS OF SERVICE!

This October, the House of Hope is celebrating its 65th year of service to the citizens of Utah. When the House of Hope was founded in 1946, its mission was educational and it was fittingly named the "Utah Committee for Education on Alcoholism." When its mission grew to include residential substance abuse treatment in 1952, its moniker was changed to the "Utah Alcoholism Foundation." In 2009, the organization was renamed the "House of Hope." The new name is synonymous with the hope for recovery and a better life for all the men, women and children struggling with addiction.

In honor of this special anniversary, and to celebrate the fact that over the last 65 years,

House of Hope has helped more than 50,000 Utahns, open houses are planned at all three House of Hope programs. The House of Hope in Provo is hosting an open house at its facility located at 1726 South Buckley Lane, from 1:00 p.m. until 4:00 p.m. on Friday October 7, 2011. The House of Hope in Salt Lake City is hosting an open house at its residential facility located at 667 East South Temple on Friday, October 14, 2011 from 2:00 p.m. until 5:00 p.m. Serenity House will host an open house at its new facility at 2740 Pennsylvania Avenue in Ogden from 1:00 p.m. until 4:00 p.m. on Friday October 21, 2011.

The House of Hope's management, board and staff are proud of its 65 years of accomplishments, and look forward to serving the people of Utah for many years to come.



*House of Hope (SLC) South Temple Residence*

### THE CHOICE FOR ME IS TOBACCO FREE!

House of Hope is proud to announce that effective September 1, 2011 our Salt Lake City programs and campuses are completely tobacco free.

Typically, substance abuse treatment centers are the least responsive to restricting smoking in their programs. One of the many reasons for this is the long time myth that "You should only give up one addiction at a time." We now know that this is a false assumption. The majority of today's substance abusers are "poly addicted" - addicted to several different substances. Substance abusers are already effectively giving up several addictions simultaneously. More people are killed by tobacco than all of the other drugs combined. In fact, smoking kills more people than alcohol, AIDS, car accidents, illegal drugs, murders, and suicides combined, with thousands more dying from chewing tobacco use.

Although management and clinical teams had planned for a January 2012 quit date, the residents of the House of Hope made the choice to quit now. We are proud of the women's commitment to an important step in their recovery by remaining tobacco free. Good job ladies!

*Melinda Melow, Director  
House of Hope (SLC)*



#### HOUSE OF HOPE SALT LAKE CITY

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

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

#### HOPE CENTER FOR CHILDREN

Developmental services  
& children's therapeutic  
day treatment program.

#### SERENITY HOUSE

Coed adult intensive  
residential, outpatient,  
aftercare, *Prime for Life*  
DUI education and  
*Sober Living Home*  
housing for men.

2740 Pennsylvania Ave  
Ogden, UT 84401-3320  
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

## SOBER LIVING HOME: MEETING A COMMUNITY NEED

The transition from residential treatment back to the community can be stressful, awkward and frightening. People in residential treatment facilities live and grow in a very controlled and structured environment from 30 days to over 6 months. They learn new life skills to use in everyday situations and establish a support and structure to protect and help guide them if they get discouraged or backslide.

After treatment, the shock of having to deal with all life's stressors can cause many to relapse to the same situation they were in pre-treatment.

Sober transitional homes are a relatively new means of giving individuals leaving residential treatment a safe, sober environment in which to transition slowly to full community living. Residents live in a semi-structured home with rules and standards, much like in treatment, but with a lot more freedom. This middle ground gives individuals the support they need to be successful in implementing the skills they learned in treatment.

House of Hope is proud to offer this type of continual care for the male clients in Ogden's residential programs. The Sober Living Home for men (the former Serenity House facility), can house up to 20 men who enter a lease



*Serenity House Sober Living Home for Men*

agreement and must follow all house rules. Residents attend mandatory house meetings, 12 step meetings and are randomly screened for drugs.

The onsite House Coordinator describes how the Sober Home changes lives, "There's no better support network than to live in a house of individuals committed to recovery. The Sober Home is a family, we care for each other and support each other and we call each other out if someone is heading towards a relapse."

*Jared Sanford, Director  
Serenity House*

## HOUSE OF HOPE'S PLACE IN UTAH COUNTY'S SUBSTANCE ABUSE TREATMENT SYSTEM

The House of Hope (Provo) is one of only two residential substance abuse treatment centers funded by the Utah County Division of Substance Abuse. The other is Utah County's own Foothill Residential. The House of Hope (Provo) is often the first step in the recovery



addictions, learn how to live productive lives without drugs and alcohol, and set up a supportive recovery environment for the time when they leave the House of

process for women with substance abuse problems in Utah County. At this intensive residential treatment center addicted women, pregnant women and mothers with children live for three to four months, and work to overcome their

Hope.

Treatment begins early each day. Clients participate in 30-40 hours of treatment each week, including drug education, life skills classes, parenting classes, relapse prevention, individual and group therapy, and case management. Children attend the therapeutic day treatment program while their mothers attend treatment.

Utah County women who complete the House of Hope program are referred to one of the county's outpatient programs - usually one of the two Promise for Women and Families programs - for approximately three or more months of intensive outpatient and then outpatient treatment, and finally three months of aftercare, also known as "recovery management." The Promise programs also serve women and women with children. Together the programs allow women to engage in a year of treatment.

Not only am I proud of the work we do at the House of Hope in Provo on behalf of the vulnerable population we serve, I am proud of the Utah County Division of Substance Abuse treatment system to which we belong.



## THE HOPE GARDEN

The children of House of Hope are harvesting the bounty of the Hope Garden--cucumbers, squash, lettuce and more. Throughout the summer, the children design, plant and care for the garden in the playground at the Hope Center for Children. The organic garden was initially funded in 2008 with a donation from Amanda Moxley, who wanted to create a project to give the kids an opportunity to "see where food really comes from" and to feel the satisfaction of growing something themselves. It took a lot of work to remove a stump, take out weeds and prepare the soil of a 3' by 20' raised garden bed where the children ages six months to eight years played every day. The kids decided what to plant, started seedlings indoors and took turns caring for the garden once the plants were in the ground. The children's group leaders incorporated the garden into the daily curriculum for all age groups, teaching gardening skills, critical social and emotional skills like making decisions, following directions and working together to reach a goal. Iris Harrington-Woodard, Preschool Group Leader, was excited to take charge of the project starting in the summer of 2010. "The kids respond so well to having something to care for, and the garden's changing and evolving gives us continual opportunities to learn," she explained. "Dirt and water are very tactile and therapeutic for children on a basic level. They love digging and discovering worms and snails. It offers the kids something to have ownership and pride over; they see the results of their hard work as the flowers unfold and the vegetables grow each day."

Lisa Heaton, Associate Director of the House of Hope (SLC), was enthusiastic about the project as a

learning experience from the beginning, but was a little skeptical about whether or not the kids would eat the product of all their labor. "I never thought the kids would be sold on the idea of vegetables as a voluntary snack," she said. "I had to eat my words when I watched how excited the kids were to taste the first bell pepper, or when they ate raw squash and cucumber picked, washed and sliced right on the playground." Harrington-Woodard fondly recalls one two year-old girl last summer who would sneak leaves of lettuce during outdoor playtime, "nibbling like a little rabbit, as if the lettuce was a rare and wonderful treat." Harrington-Woodard hopes to expand the garden next year to include more plants and additional hands-on gardening activities. "This is a very nurturing and healing project," Harrington-Woodard concludes. "We are growing plants and kids here."



*A special thanks to Ms. Moxley for funding the first Hope Garden; and to the employees of Home Depot for preparing and tilling the soil this summer. To contribute to the children's Hope Garden or to donate to a specific project (or an idea of your own) for the families at House of Hope, please email Lisa Heaton at [lheaton@houseofhopeut.org](mailto:lheaton@houseofhopeut.org).*

## HOUSE OF HOPE ANNUAL ALUMNI TEA

House of Hope celebrated its 5th Annual Alumni Tea with a theme of *Live, Love and Laugh* to reflect the miracle, change, and hope of recovery. The April 15, 2011 event included several alumni speakers and recognitions of individuals who support our alumni. This year's recipient of the Ambassador of Hope Award, Third District Juvenile Court Judge the Honorable Kimberly K. Hornak, was recognized for her continued support of women and mothers in recovery. One House of Hope alumni with over 20 years of sobriety said she was "extremely honored to see such support of recovery at one single event." Lori Weaver, House of Hope (SLC) Residential Treatment Coordinator, said "This day is one of our most inspiring events! It reminds us why we work in this field. Battling addiction truly is a journey, and it's always amazing to see how our belief in the power of recovery comes to fruition. It reminds us that giving back to our community really does make a difference!"

House of Hope always needs donations to help provide for alumni functions to support continued recovery. We have three annual events including our Alumni Tea, Alumni Family Barbecue and Alumni Christmas Party. For information, contact Lori Weaver, 801-487-3276 ext 1203 or [lweaver@houseofhopeut.org](mailto:lweaver@houseofhopeut.org).



**Judge Kimberly Hornak**  
3rd District Juvenile Court

## GENEROSITY OF THE COMMUNITY BENEFITS HOUSE OF HOPE PROGRAMS

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

Donations of **\$11,000** from **The Church of Jesus Christ of Latter-day Saints Foundation**, **\$5,000** from the **TJX Foundation**, **\$4,000** from **The Steven B. Achelis Foundation**, **\$2,000** from **The Marion D. & Maxine C. Hanks Foundation** and **\$1,000** each from the **Union Pacific Foundation** and the **Zonta Club of the Salt Lake Area** will help provide substance abuse treatment services for families at the Salt Lake City and/or Provo women and children's program.

A generous donation of **\$5,000** from **The Miner Foundation** will help provide children's developmental therapy, parent-child counseling, and the purchase of educational/developmental supplies and equipment for the young children receiving services at our Provo program.

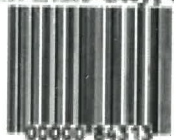
A very generous donation of **\$25,000** from the **Snell & Wilmer Charitable Foundation** - the second installment of three annual contributions totaling \$75,000 - will provide therapeutic materials, educational toys and supplies, as well as help fund a rotational teacher at the Hope Center for Children. For the second year in a row, **Snell & Wilmer staff and management** also put together amazing Easter baskets for all the children at the Hope Center for Children. We are very grateful for all the law firm is doing for the children's program. Thank you!

We are grateful for a very generous grant of **\$15,000** from the **Dr. Ezekiel R. and Edna Wattis Dumke Foundation** to help complete furnishing Serenity House's newly renovated facility and to provide client treatment.

We want to thank the organizations and individuals whose in-kind donations and volunteer service do so much to enhance the lives of our clients.

### THANK YOU FOR YOUR SUPPORT!

Hope Center for Children  
Salt Lake City, UT



Enrollment Barcode

Every time you shop at Smith's with your Fresh Values Rewards Card, you can help earn money for the Hope Center for Children. Please use this enrollment barcode the next time you shop at Smith's. The cashier can scan this barcode to link the Hope Center for Children to your rewards card. You must re-enroll every year at back-to-school time. Thank you for helping the Hope Center for Children!

### A HOUSE OF HOPE CLIENT'S STORY:

A 29 year old single mother grew up in a family where alcoholism was prevalent. She began using cocaine at age 20, and by age 21, was the mother of a little boy. In fall 2009, her son told his teacher that his mother was a "drunk," and soon after that DCFS workers came to her home to check on things. She was referred to the House of Hope. She really worked on becoming a better parent, anger management, her own issues with drugs and alcohol, and planned for a future with her son. Without the House of Hope, she declared "I would be running to get the next high, or drink, or be dead." Instead, today she is planning a healthy, happy future with her son. "I never thought I would be able to be a good parent until now. Thank you House of Hope!"

#### Clients Served Fiscal Year 2010-11

Program	Men	Women	Children	Totals
<b>House of Hope (SLC)</b>				
<i>Residential</i>		123	58	181
<i>Day Treatment</i>		93	68	161
<i>Outpatient</i>		49	25	74
Program Total		265	151	416
<b>House of Hope (Provo)</b>		88	90	178
<b>Serenity House</b>	75	48		123
<b>Total Served</b>	<b>75</b>	<b>401</b>	<b>241</b>	<b>717</b>



## A NEW STOVE HOOD

Serenity House is fortunate to offer our clients plenty of room in which to grow and explore their new journey of sobriety. The large kitchen and dining areas in our new facility are ideal for feeding an increasing number of individuals seeking treatment. During the recent renovations, officials determined the kitchen stove hood was out of compliance. We needed a new hood and air intake system - a very costly improvement.

Thanks to the generosity of many individuals, businesses and foundations, we started work on the kitchen improvements last May. The kitchen had to be closed during the project. Thanks to the ingenuity



and hard work of our Kitchen Manager, we were able to utilize some other spaces and still provide the clients with healthy, delicious meals. The kitchen is now up and running and once again providing nutritious meals for the men and women. We are very grateful to the many generous donors who helped make our kitchen safe and functional with a commercial fire suppression hood that meets new fire and building codes.

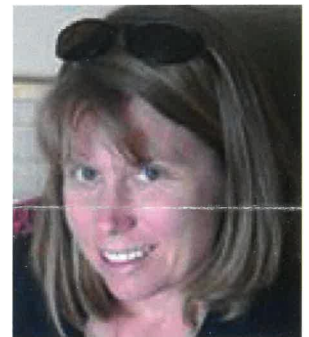
We couldn't do it without your help!

*Jared Sanford*  
Director  
Serenity House

## INTRODUCING THE BOARD

Sheleigh A. Harding is an attorney in private practice, a Mediator and a Guardian ad Litem specializing in Juvenile Court cases. Other specialties of her practice include commercial litigation, domestic law, property, employment law and labor board hearings. She served as an Administrative Law Judge for seven years with the Utah Department of Human Services. Sheleigh has long been a proponent of the House of Hope programs and recently joined the board to become a "liaison between treatment programs and the courts."

Sheleigh graduated Phi Beta Kappa from the University of Iowa and earned her Juris Doctor degree from the U of U's College of Law. Sheleigh serves on the Salt Lake City Historic Landmark Commission. We are delighted to have Sheleigh as a member of the board working on behalf of House of Hope.



**Sheleigh A. Harding**

## HOUSE OF HOPE STAFF CELEBRATING ANNIVERSARIES:

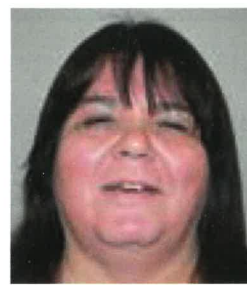
**5**  
years



**Darrell Noble, LCSW**  
Program Director, Provo



**Carol Chouinard**  
Office Manager, Provo



**Rosemarie Hardison**  
Support Staff, SLC



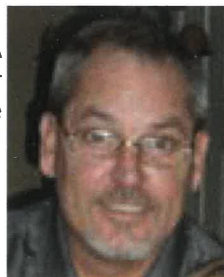
**Peggy Day, LSAC**  
Case Manager, SLC

**7**  
years



**Rosario Perez, BS**  
Case Manager, Provo

**Dick Valdez, BS BA**  
Office & Facility Manager  
Serenity House



**Sydnee Stephens, BS SSW**  
Case Manager, SLC





**House of Hope**  
 857 East 200 South  
 Salt Lake City, UT 84102-2317

NONPROFIT ORG  
 U.S. POSTAGE PAID  
 Salt Lake City, UT  
 Permit No. 460

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

\$25     \$50     \$100     other \$ \_\_\_\_\_

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ADDRESS \_\_\_\_\_

CITY/STATE ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

CREDIT CARD # \_\_\_\_\_

NAME ON CARD \_\_\_\_\_ EXP \_\_\_\_\_

- Serenity House*     *House of Hope SLC*     *House of Hope Provo*  
 *Hope Center for Children*     *House of Hope Endowment Fund*

*Special Instructions (if any) for this donation:*

**Needed Items:**

- Volunteers for service projects
- Full size toiletries/feminine prods.
- Bath towels, washcloths
- Twin bedding, quilts, pillows
- Crib bedding, mattress pads
- Games, toys, arts & crafts (new)
- DVD player & movies G, PG-13
- Gift Cards/monetary donations
- Cookware, dishes, flatware
- Vacuum cleaners, lawn mowers
- Garden tools, flowers, plants
- Handyman/carpenter services
- Digital Cameras
- Car Seats
- Van

***Your contributions are greatly appreciated, and may be tax deductible.***