

UTAH ALCOHOLISM  
FOUNDATION

CORPORATE OFFICE  
857 EAST 200 SOUTH  
SALT LAKE CITY, UT 84102

Phone: 801.487.3276  
Fax: 801.467.3725

A Non-Profit Organization

Contract funding received from:  
Mountainlands AOG  
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  
UVCCC Home Program

Visit us on the web:  
[www.uafut.org](http://www.uafut.org)

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

UTAH ALCOHOLISM  
FOUNDATION

CORPORATE OFFICE  
857 EAST 200 SOUTH  
SALT LAKE CITY, UT  
84102

Special points of interest:

- House of Hope (Provo)  
New Wing Project
- Run for Recovery 5k
- House of Hope (SLC)  
Adds 7 New Beds for  
Women's Treatment
- House of Hope/Admin  
Under Construction

Inside this issue:

In Memoriam 2

House of Hope/Admin  
Under Construction

House of Hope (SLC)  
Adds 7 New Beds

Run for Recovery 5k  
Race Date Set 3

Grant Thanks

Serenity House Update

Board of Trustees  
Highlights:  
Anthony L. Rampton 4

Grant Thanks

Keys to Accessing  
Treatment Services

Children in Treatment 5

Grant Thanks

House of Hope (SLC)  
Employee Highlights:  
Cheryl Ethington  
Jennifer Anderson  
Brock Howick 6

Christmas at the  
House of Hope (Provo)

Grant Thanks

Our Donors 7

# UTAH ALCOHOLISM FOUNDATION BULLETIN

Winter 2006

## George S. and Delores Doré Eccles Foundation Awards \$75,000 Challenge Grant for New Wing at House of Hope (Provo)

The House of Hope (Provo) has received a generous last dollar challenge grant of \$75,000 from the George S. and Delores Doré Eccles Foundation to assist us with the construction of the two-story addition to our Provo facility. "That means we must raise \$277,276 by November 23rd to receive the Eccles' \$75,000 matching grant", said Valerie Fritz, UAF's President and CEO. "We need to have the capacity to serve every mother and every child who is working hard for recovery and self-sufficiency at Provo's House of Hope. We are asking other local foundations, governments, businesses and individuals to step-up and take a lead in our community by donating generously to help us reach our goal of \$352,276 before

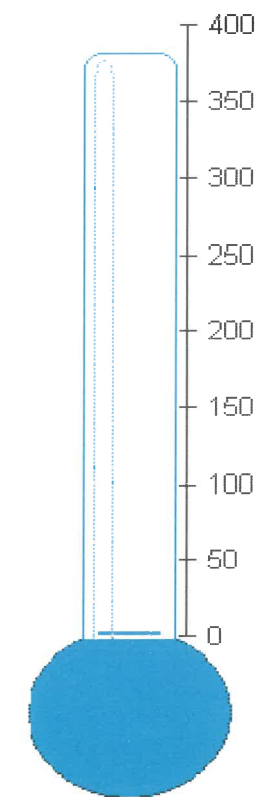


Treatment Building: View of where new wing will be built

the deadline."

Since its opening on January 1, 2003, the House of Hope (Provo) has remained full to capacity, serving 16 women and up to 28 children daily. More space is desperately needed to conduct on-site parenting classes, individual developmental sessions, and where parents can interact with their children, under staff supervision, to build positive parenting skills. We also have outgrown the small space available for children's services.

According to Ken Brown, UAF Administrator, "the best way to adequately meet the needs of our clients is to build a 2,000 sq. ft. two-story wing onto our current facility. The upper level will provide space for women's services, family group activities, positive parenting activities, and family living space and visits on weekends. The lower level will be used as classrooms for the children. The addition will include an elevator that will make the facility fully ADA accessible".



This Thermometer illustrates the funds needed to reach our **\$352,276 GOAL** for the construction of House of Hope's (Provo) New Wing.

Anyone interested in helping to reach our goal can call Kelly in Salt Lake at 801-487-3276 ext. 1213, or mail a check to Valerie Fritz, President/CEO, at Utah Alcoholism Foundation, 857 East 200 South, Salt Lake City, Utah, 84102-2334

Anything you can give will be greatly appreciated. These families need our help. **Please give generously.**

Please donate your used cell phones & ink cartridges for UAF's recycling rewards program!  
Help us earn recycling points to exchange for new technology, playground equipment, and more!  
Drop off's accepted at any of our facilities.

Program Wish Lists

House of Hope, SLC

- 15-passenger van
- Twin quilts, sheets & beds
- Baby quilts, sheets & beds
- New toys & art/craft supplies
- Diapers, sunscreen, hats
- Housewares (dishes, pots, pans, silverware, tum-

Serenity House

- Twin beds with frames
- Dressers (3 or 5 drawers)
- Mirrors (wall or door mount)
- 2'x 3' cork message boards
- Computers
- Art/craft supplies

House of Hope, Provo

- Sunscreen & summer hats
- Diapers (all sizes), diaper bags, baby spoons, sippy cups, bibs, binkies, bottles, socks, sanitizer, wipes, bath products, towels & washcloths, humidifiers
- Art & craft supplies, toys

I would like to help by donating \$ \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Payment Options:  
\_\_\_ Check enclosed payable to:  
Utah Alcoholism Foundation  
\_\_\_ Bill my credit card:  
\_\_\_ Visa \_\_\_ MasterCard \_\_\_ American Express

Card No.: \_\_\_\_\_  
Exp. Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

Donations can be sent to:  
Utah Alcoholism Foundation  
857 East 200 South  
Salt Lake City, UT 84102



I would like my donation to go to the following program:  
\_\_\_ Monthly donation of \$ \_\_\_\_\_ to UAF  
\_\_\_ House of Hope (Provo) New ADA Wing Building Fund  
\_\_\_ Construction of New SLC Day Treatment Facilities  
\_\_\_ House of Hope Women & Children's Program (SLC)  
\_\_\_ Hope Center for Children (SLC)  
\_\_\_ House of Hope Women & Children's Program (Provo)  
\_\_\_ Serenity House Co-Ed Program (Ogden)  
\_\_\_ House of Hope/Hope Center (SLC) 15-Passenger Van

**In Memoriam—George Dimas 1928-2006**

We were saddened to hear of the loss of George Dimas, former President/CEO of Utah Alcoholism Foundation, on January 9<sup>th</sup>, 2006. George was the President of UAF from 1991–2001, and helped it grow and provide needed substance abuse treatment, education, and prevention services throughout the state of Utah.

George began his long career in the substance abuse field in 1960, as the Executive Director of the Alcohol

and Drug Section of the Mental Health Division of the State of Oregon. In 1972, George moved on to the position of Executive Director of the National Council of Alcoholism (NCA) in New York City. George was then hired as the President/CEO of the Utah Alcoholism Foundation, and spent ten years working throughout Utah to help people with addiction problems. The House of Hope's Women and Children's Program, which opened in 1992, has become a leader in the treatment of addicted mothers with children.

Up to the time of his death, George continued to work in the addiction field, including areas of service for Native Americans, helping establish a recovery network, and supporting the linking of

jobs, housing, and treatment services for people in recovery.

George Dimas worked throughout his life to help others, and never ceased to have great visions of what could be accomplished in the addiction treatment and recovery field. I thank George for giving me the opportunity to become the President/CEO of Utah Alcoholism Foundation, and to cherish the vision of what it could do and how it could grow to serve the needs of the future. We will miss George's creativity and vision throughout the field of addiction treatment as we move into the future.

*Valerie Fritz  
President/CEO, UAF*

**UAF  
BOARD OF TRUSTEES****OFFICERS**

Beth Naley Pratt, Chairperson  
Jim Hogle, Vice Chair  
William Athas, Sec/Treasurer

**FINANCE COMMITTEE**

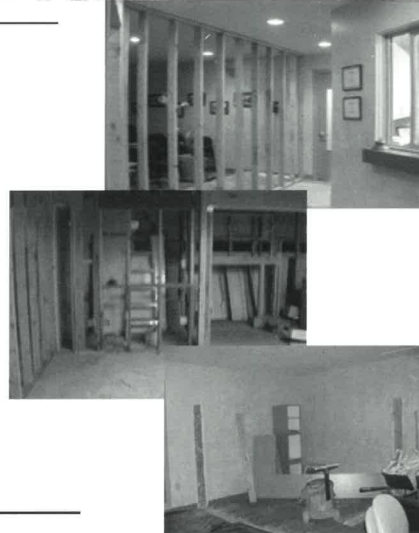
Timothy P. Foley  
Trent J. Waddoups  
Michael A. Hughes

**BOARD MEMBERS**

Mary Ellen Durham  
Larry S. Horton  
Nancy Jones  
Taylor Miller  
Clark Phelps  
Anthony Rampton  
Carol Voorhees  
Valerie Fritz, Pres/CEO, UAF

**Construction Begins on House of Hope's Day Treatment Services (SLC) and UAF's Administrative Offices**

In September 2005 UAF purchased a building in Salt Lake City to house the corporate office, all House of Hope (SLC) staff offices, and residential, day treatment, and outpatient treatment activities for the House of Hope services for women in need of treatment for addiction problems. This allows us to expand services to more clients, as our 667 East So. Temple facility is currently used as a treatment center. It will become a residence for 22 single women or 11 families (women with children) daily. The upper floor is presently in use for day treatment clients; the lower floor is framed in, but not finished. We expect the number of day treatment and outpatient clients we serve to double. This will mean that we serve close to 60 women daily at this location, plus staff members.

**The House of Hope (SLC) Opens 7 More Beds For Women**

Thanks to the availability of space in the House of Hope's new treatment center, seven new beds for women were opened in December and filled immediately with women who, as referrals from the County Offender Reform Act project in Salt Lake County, are grateful to have been accepted into our program. Prior to admission into the program, they were in jail awaiting placement in a substance abuse treatment center. With the epidemic of methamphetamine addiction in Utah, we have long waiting lists for women seeking treatment. These women have usually been caught in the generational cycle of abuse, having been physically and/or sexually abused by parents or family members, and have experienced domestic violence from family, spouses or partners. Most are under-educated, with few job skills, and have been out of the workforce due to their addictions.

At the House of Hope, clients receive treatment to help them learn more about, and cope with, the effects of substance abuse. They learn the skills necessary to break the cycle of addiction and become contributing members of the community. We are delighted to be able to reach out to serve more women with the determination to recover.

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

# Our thanks to these generous donors who keep us going!

**Up to \$6,000**

Utah Families Foundation  
Kids on the Move  
Kenneth & Joanne Mayne Foundation  
Eskuché Foundation  
Dr. W. C. Swanson Family Foundation

Salt Lake Yoga Gives Back  
Herbert I. & Elsa B. Michael Foundation  
Wal-Mart  
Gina Dalton & Loren Weiss

**Up to \$1,000**

Merrick Bank  
Willow Canyon Foundation  
Marion D. & Maxine Hanks Foundation  
Larry S. Horton, Snow Properties

Richard K. & Shirley S. Hemingway Foundation  
Taylor Miller, LSAC  
Joelyn Mecham  
Kennecott Utah Copper Charitable Foundation

**Up to \$500**

Tim Foley  
Kurt Larsen  
Masonic Uintah Lodge No. 7  
Diane Warnock  
Collection Services Bureau of Utah

Gateway to Giving  
Smith's/Kroger Earn & Learn Program  
Doug Bradshaw  
Lisa Kuemmel Design

**Cash Donations Up to \$100**

St. Mary's Episcopal Church  
N. Alden Brown  
Jay Mecham  
Robert Wilson  
Richard Housley  
Christy Packer  
Pamela Jensen  
Keith Hegerhorst  
G.K. Correy  
Hailey Christofferson  
Rosemary Alder & Garry Watson  
Diane Stallings  
Lee Fry  
Holly Hughes  
Centenary United Methodist Women  
Gretta S. Baur  
Sharon Wilson  
James Hogle  
B. Christy  
S. Richardson  
S. Buckmiller  
K. Reardon  
Costco  
Macey's  
Marie Padgett  
Richard Nance  
Roger & Megan Spence  
Julie & Sheldon Thieszen  
Jessica Keller

**Donations of Goods or Services**

**Valued over \$500**  
Bed, Bath & Beyond  
Williams & Sonoma  
Utah Food Bank  
Gould Evans Associates, LLC  
Chavez, LLC  
Seagull Book & Tape  
Kid to Kid  
Westminster College Students and Faculty  
Lynne Yocom  
Beth Savage  
Tawnya Wood  
Freeman Physical Therapy  
Backstage Library Works  
Jolene Hope  
Gary Booth  
Provo City School District  
Babies R Us  
Robots and Angels Graphic Design  
H. R. Wing Family Benevolent Corp.  
Riverwoods Relief Society  
Sue Judd  
Richard Jenkin  
Terri Freeman  
Derrek & Jaxon Wright  
Kathi Mercur  
April Sorb  
Ken Freedman  
Curt Casper  
Keith Brinley  
Kristi Reardon  
OfficeMax

**Donations of Goods or Services**

**Valued \$250-\$499**  
Backstage Library Works  
Costco  
Clay Elder  
Angie Memmott  
Lynnae Allred  
Kelly Mortensen  
Janet Mendenahall  
Cami Fuller  
Lorna Jorgenson  
Teresa Loboto  
Qwest Pioneers  
Carl McReavy  
Scott Beck  
Dallas Olney  
Lori Wilson  
Stephen Bingham  
Tonya Hofeling

Please call Kelly in Salt Lake at 801-487-3276 x1213 to report any corrections or additions to this list.

## THE UTAH ALCOHOLISM FOUNDATION

**House of Hope (SLC) Employees**



Cheryl Ethington

**Cheryl Ethington, LSAC** — received her bachelor's degree from the U of U, and is a Licensed Substance Abuse Counselor in our day treatment program. Cheryl has over 17 years experience working with women, adolescents, men and the elderly.

**Jennifer Anderson, LCSW** — is our Outpatient Treatment Services Coordinator. A graduate of BYU, with her Master's in Social Work, Jennifer has extensive experience working with women's issues in Salt Lake and Utah counties. She facilitates House of Hope's therapy groups.



Jennifer Anderson



Brock Howick

**Brock Howick** — House of Hope's (SLC) Admissions Coordinator, has four years experience with intake and referrals. He works closely with Salt Lake County Substance Abuse Services, Legal Defenders Association and other referral agencies.

**House of Hope's (Provo) Holidays are Best Ever!**

Although very busy, we had a terrific December. With all the Santa Claus donations, it was difficult to squeeze into our offices. The generosity of individuals, families, businesses and the local community is overwhelming. Every mother and child at House of Hope (Provo) had a wonderful Christmas. Clinical Director, Ron Jensen, and his wife, Holly, hosted a New Year's Eve party - it was a holiday season our clients will never forget. We received enough monetary donations that now every room has its own refrigerator to ensure our clients can receive and store their WIC (special supplemental nutrition program for women, infants and children) allocations. Thank you, to everyone who donated to our program with time, talents, gifts and toys!

Various organizations have graciously donated items such as shelves and arts and craft supplies. Gayle Judd's (our Advisory Board Chairperson), daughter, Lynne Yocom, donated three computers, along with



software and setup, to our children's department. Many of our children have never before worked on a computer. Nowadays, children need to be familiar with computers even before they begin kindergarten. Studies show children who are exposed to computers learn at a faster rate. These computers make a wonderful addition to the House of Hope's (Provo) children's program as we are undergoing some very positive changes.

*Carol Ann Duncan, Director House of Hope (Provo)*

**Thanks to everyone who donated to UAF this holiday!**

**Henry W. & Leslie M. Eskuché Foundation Gives to Hope Center for Children**

We are grateful for the generous grant of \$2,500 from the Henry W. & Leslie M. Eskuché Foundation that will be used to purchase a variety of parenting education materials (such as journals and workbooks), as well as testing equipment and play materials to aid in the developmental assessment of children enrolled in the Hope Center for Children.

**You can "phone in" your donation. Simply call Marian (in Salt Lake) at 801-487-3276 ext. 207 with your Visa, MasterCard, or Am Express number.**

Mechelle Adamson, Director of Fundraising for Willow Canyon Foundation, presents a check to UAF.



**Willow Canyon Helps Raise \$\$ for Van**

We were delighted to receive a donation of \$500 from Willow Canyon Foundation to help raise the remaining \$12,000 needed to purchase a 15-passenger van for the Hope Center for Children. With winter weather upon us, we need a van more than ever.

The Willow Canyon Foundation has become a partner with UAF in areas related to fundraising, client scholarships and educational materials. We are delighted with this new partnership opportunity, and look forward to working closely together in the future.

**We Need a New Van, and Every \$ Helps.** Please Help Us! Send a donation to UAF today.

**Professionals Needed**

Professionals needed to present educational topics on a volunteer basis to help clients build life skills. Examples include financial preparedness, nutrition, childcare, health, recreation, writing skills, mediation, legal aid, basic home repair, etc. We also need dedicated individuals to serve on House of Hope's (SLC) Advisory Council. Members meet monthly to serve and advocate for the needs of the women and children in our care. Please call Lisa in Salt Lake 801-355-8538 x 312.

**UAF Sets Date for 2nd Annual RUN FOR RECOVERY**



UAF's 2nd annual "Run for Recovery" 5K (3.1 miles) race will be held Saturday, September 9, 2006 at 8:30 a.m. beginning on the east side of the Utah State Capitol, through Memory Grove, and ending at the Gallivan Center. Activities for Utah's Recovery Day will immediately follow the race. Run for Recovery Race Director, Michael Hughes, announced that award presentations will again be hosted by Frank Layden. Utah's Recovery Day celebrates addiction recovery, and encourages people to overcome barriers to recovery. Recovery Day speakers may include City, County and Utah State government officials. Proceeds from the race will benefit Utah Alcoholism Foundation's substance abuse treatment programs. Pre-registration is \$20 and includes a t-shirt; day-of registration is \$25. Please visit UAF's website [www.uafut.org](http://www.uafut.org) for further information and updates.

**Kenneth & Joanne Mayne Foundation Gives to Hope Center for Children**

We are grateful for the grant of \$2,000 from the Kenneth and Joanne Mayne Foundation that will allow us to complete the Family Therapeutic Bonding Room. We have been waiting for just this opportunity to finish this parent-child activity area. Now we can make it happen!

**Hemingway Foundation Helps Hope Center for Children**

Thanks to a grant of \$600 from the Richard K. & Shirley S. Hemingway Foundation, we are able to purchase a variety of parenting education materials (such as journals and workbooks) and equipment and play materials to aid in the developmental assessment and therapeutic childcare for clients of the Hope Center for Children.

**Marion D. & Maxine Hanks Foundation Helps House of Hope (SLC)**

Thanks to a grant of \$1,000 from the Marion D. & Maxine Hanks Foundation, the House of Hope (SLC) will be able to provide more services to unfunded women and children in need of substance abuse treatment services.

**Vicky Proctor Receives Mayor's Employee Award of Excellence—Congratulations!**

Vicky Proctor, a member of UAF's Central Utah Women's & Children's Advisory Board for the House of Hope (Provo), was honored by Provo Mayor, Lewis Billings, for her 17 years of devoted service to the citizens of Provo as a Victim's Advocate.

**A Message from Serenity House Director**

Serenity House is alive and doing great things in Ogden. We are improving treatment outcomes and finding great satisfaction in working with clients from all areas of our great state. We've also had several clients coming to us from Wyoming and Nevada. We have added new professionals to our treatment team, which is exciting as we build a wonderful team of caring, dedicated staff members to help our clients who come to us with a number of personal struggles they are dealing with including alcoholism, meth addiction, depression, and PTSD (post traumatic stress disorder) to mention just a few.

Recently, we had a client who was dealing with abandonment issues. This client was challenged to write a letter to express his losses to find some resolution. I share with you a very powerful portion of that letter: "You probably don't realize where I'm at and what I'm doing for myself. I've been in rehab for my heroin and cocaine habit. It's something I've finally got a grasp on. I'm healing myself and forgiving myself. I'm also trying to forgive others, which is kind of the reason I'm writing you back. I've got questions...". This client goes on to show some huge strides in understanding the pain of his past and how it has impacted his present choices. Another client, who had spent several months here at Serenity, wrote to her counselor this statement. "It is said that the only

way to break an addiction is to want something else even more. When we want freedom from drugs, even more than the high they provide, when a real lasting source of satisfaction, rather than temporary pleasure of self-indulgence is our goal, it is then that we will truly have what it takes to conquer addiction."

It is experiences with clients like these that make the work we do here so worthwhile.

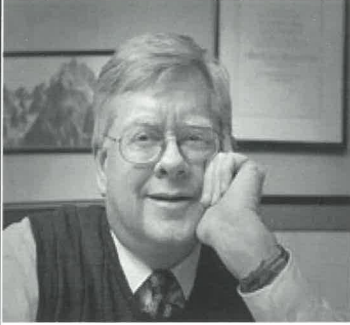
*Nancy Jenkins, CPCI  
Director, Serenity House*

**52 New Windows for Serenity House**

Our thanks to Ogden area's Tri-County Weatherization Program for installing new double-pane windows, insulation, weather-stripping, fluorescent lights and refrigerators to help conserve energy and reduce utility costs.

Serenity House is in great need of twin beds with frames, dressers, 2'x3' cork message boards, wall or door mount mirrors, and arts & craft supplies. Handyman services, tickets to sporting or performing arts events and cash donations are always welcome! Please call Dick in Ogden at 801-392-5971.

## Board of Trustees Highlight: Tony Rampton



Anthony L. Rampton

Anthony L. Rampton's 25 years of law practice have been varied and extensive, although his primary emphasis has been commercial litigation and trial practice. He also has extensive experience in the government relations, eminent domain, natural resources and water law, public lands, public utilities, energy, environmental regulation and permitting, mediation/arbitration, municipal law, civil service law and banking areas. He is a

member of the Utah State Bar, for which he served as Litigation Section Chairman in 1986, and of the American Bar Association. He is admitted to practice before all Utah state and federal Courts, as well as the U.S. Court of Appeals for the Tenth Circuit.

Tony has been very active in civic and community affairs, having served as Chairman of the Utah Personnel Review Board, the Utah Arts Council, the Western States Arts Federation, Utah Common Cause and the Salt Palace/Fine Arts Advisory Board. He has served the last two years as a member of UAF's Board of Trustees. We are grateful for Tony's many contributions and counsel.

Tony was born in Salt Lake City, Utah. He received his B.S. degree (1970) from the University of Utah and his J.D. degree (1974) from Hastings College of the Law and University of Utah.

## Kids on the Move Helps Provo Children's Program

With a special grant of \$5,992 from *Kids on the Move*, House of Hope (Provo) was able to purchase needed therapeutic childcare and educational materials and supplies for their children's services program. Our thanks to Kids on the Move, a Utah County group that fosters the physical, social, cognitive and emotional growth of children. Thanks, KOTM!

## Kennecott Foundation Helps Provide Services

Kennecott Utah Copper Charitable Foundation has awarded House of Hope (SLC) a grant of \$1,000 to help provide residential substance abuse services to local low-income women and their children. We appreciate Kennecott's continued support!

## Swanson Family Foundation Provides Services to Northern Utah

Thanks to a generous grant of \$2,000 from Dr. W. C. Swanson Family Foundation, UAF will be able to provide substance abuse treatment services to men and women of northern Utah who would not otherwise be able to afford treatment. We are very grateful for the Swanson Family Foundation's continued support.

**Volunteer Groups Wanted (SLC)** to collect items and assemble "Welcome Bags" that include a letter of encouragement, full-size toiletries, socks, notebook, stationery, etc. for our clients with few resources. We also have Eagle Scout Projects at all sites. Need 30 days notice with approved written project proposal & 4:1 youth to adult supervision. Contact Lisa in Salt Lake at 801-355-8538 ext 312, for site projects and approval.

## Hope Center for Children Benefits from Smith's Earn & Learn Program—Sign up Today

Stop at the service counter next time you're in Smith's or Smith's Marketplace, & enroll in their "Earn & Learn" program. Just list **Hope Center for Children** as your designated organization, and remember to use your *Fresh Values* card every time you shop.

## Keys to Accessing Treatment Services —Melinda Murchie, House of Hope (SLC) Director

As Director of the House of Hope, I get calls from husbands, teenage children, parents, significant others, and extended family, all with stories as diverse and individual in detail as they are alike and connected in the sense of apprehension, even desperation, that their voices convey as they ask the big substance abuse questions: How could this happen to my wife, daughter, friend? What do I do? How can we/I get help? For these families, navigating the systems of treatment service providers can be confusing and overwhelming. Here are a few simple guidelines for engaging in the

treatment process successfully.

1. Keep asking questions! When you call a treatment program, the person who answers the phone or "intake" worker may not be a member of the clinical staff or "treatment team," and may be more helpful regarding the paperwork process than actual treatment processes. If you feel that you are not getting your questions answered (or your phone calls returned in a timely manner) call the clinical or program director. Keep asking until your questions are answered and your concerns resolved.
2. Most, if not all, programs

start out by using a simple questionnaire or "assessment tool," such as an ASI or SASSI. These tests gather information about the substances that are used or abused, frequency, duration, impact on life functions, etc. There is usually a small fee and the tests take 1-2 hours. This test helps the treatment or intake team "assess" each individual's substance abuse problem and determine the best type and intensity of care. The results will be shared with the individual and then treatment options discussed. Many programs offer an array of choices such as outpatient, day treatment,

residential, individual, group, co-ed, gender specific etc.

3. Like medical or mental health care, substance abuse treatment can be expensive. Many federal, state, and county programs make it possible for those who qualify to receive treatment at no or low cost. Some religious or special interest groups offer financial assistance. Most programs have staff specifically assigned to help find funding for those who need it or who can help set up workable payment plans. Ask about this.

The key is to seek help and ask questions until you have the information you need.

## Children in Treatment?

Many people ask me why I would advocate for a child to be placed into "a drug treatment program" while his or her mother receives residential treatment. They worry about what a child might be exposed to, or wonder if the benefits outweigh the risks to the child. The advantages to the mother are obvious: she can focus on treatment knowing her child is cared for and safe, and she can work on parenting issues that may be a trigger for drug use, abuse or neglect. Most Division of Child & Family Service (DCFS) workers are more comfortable trying reunification if the mother is in a program offering 24 hour supervision, and many mothers are able to retain custody of their children if they are sentenced to drug treatment since the family can stay together in a safe, structured place. If mother and child can stay together, the costs of foster care and protective supervision are avoided. Even more important, however, are the benefits to the child. House of Hope has four residences that can house mothers and their

children. Day Treatment for children is provided at the Hope Center for Children, where the developmental, social, emotional and child care needs can be met. Each child also has a case manager specially trained in the issues of children. The program offers parenting classes, individual consultation, hands on "family labs", supervised visitation, treatment planning and coordination and referral to community services. The House of Hope accepts children from birth to age eight, and reviews each case individually to ensure that each child can be best served in our care, and a plan is developed to ensure that every need is addressed. Infants and toddlers often have many attachment and developmental issues. Preschoolers and school-age children have most likely experienced trauma, neglect, abuse and chaotic home environment. Many children three and older know more about drugs than most adults ever will. Counseling can help children understand what they have experienced, and teaches them new ways to keep themselves safe, and how to seek help if they need it in the future. As many professionals in the field know, most children we see want to be with their mothers, even if abuse or neglect has occurred. It is therapeutic for them to see their mothers work to



be better parents and to be around other children who have had similar challenges. I have seen firsthand the tremendous progress that families can make at House of Hope, and believe that young children are a critical part of our continuum of care.

Lisa Heaton, MSW, Director  
Hope Center for Children

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.  
To help, call Lisa at 355-8538 ext. 312

## Salt Lake Yoga Gives Back Raises \$2,400 for Hope Center for Children Scholarship

A dream team of local yoga teachers held an all-levels yoga class at Soma Yoga Studio in Salt Lake City on December 17th to raise money for therapeutic childcare for unfunded children at the Hope Center for Children (SLC). The event was such a success, *Salt Lake Yoga Gives Back* will make the fundraiser an annual event. "We hope to double the size of our venue next year, thus doubling our donation to the Hope Center for Children," said Stephen Brown, event organizer. For more information, contact Stephen Brown [sb@sbdance.com](mailto:sb@sbdance.com).

## Michael Foundation Helps Furnish New Treatment Center

Thanks to a very generous grant of \$4,000 from the Herbert I. and Elsa B. Michael Foundation, UAF will be able to provide tables, chairs, whiteboards, and other essential furnishings for the new day treatment center at 857 East 200 South in Salt Lake City. This center will help us expand residential beds and provide more services to women and children in need of treatment at the House of Hope (SLC). We are very grateful for this gift.

To find out how you can help, call Kelly in Salt Lake at 801-487-3276 ext 1213.

The House of Hope Programs and Serenity House are always looking for groups or individuals interested in "adopting a room" at any of the residential, treatment or children's facilities. You can work with staff to generate ideas on how to upgrade, paint, refurnish, or improve a room of your choice.



Please "Adopt-A-Room"  
Call Lisa in Salt Lake at 801-355-8538 x 312

## Merrick Bank Helps Develop Financial Literacy Program for House of Hope (SLC)

Thanks to a grant of \$1,000 from Merrick Bank (together with a \$15,000 startup grant from American Express), we have begun offering a much needed pre-vocational and financial literacy program for the families served by House of Hope (SLC).

We are using this funding to develop a curriculum to teach clients financial management and provide basic pre-vocational skills to help them become self-sufficient and to enter the job market as they complete treatment.