



POWER Source

a resource to educate the community & empower women on their journey of recovery



Success Story *Gina* Once when Gina was walking down the street, a car pulled up to the curb next to her. It was her POWER Connection mentor, calling to her: “Come back! We love you!” The mentor wanted her to get treatment for her crack addiction, even though Gina had dropped out of a couple programs. “I wasn’t too crazy about this recovery thing,” she says.

Gina had a childhood she describes as “terrific”. She had a loving family and did well in school. But when her mother died suddenly when Gina was 17, everything changed. Gina was lost and angry without her mother. She rebelled and left home.

A boyfriend encouraged her to try crack and after the second time she was hooked. For long periods of time, she was homeless; for two years she lived under the Andy Warhol Bridge. When she was 27, she had a son. He was taken from her a few years later when she was arrested on several shoplifting charges. It was through Children, Youth and Families (CYF), the agency that removed her son, that she was paired with the POWER Connection mentor who refused to give up on her.

The mentor finally convinced Gina to go to POWER’s outpatient program, and this time treatment worked. Gina raves about the outpatient staff. She says she got into trouble because she didn’t have her mother’s guidance as she matured, but the outpatient team supplied what she missed. At POWER, Gina says, “I learned how to be a woman.”

Today Gina has close to three years clean. She has regained custody of her son, has given birth to twin girls, goes to school with the help of scholarships from Zonta Pittsburgh North Foundation, and works part time. On top of all that, she is a volunteer who drives women in treatment to 12-Step meetings. “I want to give back,” Gina says, “and spread the message of recovery.” ✨



Clinical Perspective

Stephanie Covington Presents at POWER’s Second Trauma Conference

POWER has been committed to providing trauma-informed care since 2006 when it hosted its first conference on gender-responsive and trauma-informed care for staff and others with Dr. Stephanie Covington, a nationally-recognized trainer and consultant on gender-responsive and trauma-informed care and trauma-specific interventions. In June of 2013, thanks to a grant from Staunton Farm Foundation, POWER hosted a second conference with Dr. Covington, which has further strengthened POWER’s ability to provide trauma-informed care and trauma-specific interventions. The opening day of the four-day training was open to other community providers and over 80 men and women from local agencies participated. Trauma-informed care is considered by some to be the gold standard of service delivery for women addicted to alcohol and other drugs and with good reason. Research shows that care delivered in a gender-responsive, trauma-informed environment is effective. Up to 90% of

women in treatment report a history of trauma and the consequences of trauma have been well documented in the Adverse Childhood Experiences (ACE) Five-State Study. Adverse childhood experiences are underlying factors for addictions, chronic health conditions, smoking, chronic depression, and other serious mental health challenges, just to name a few. The core values of trauma-informed care — safety, trustworthiness, choice, collaboration, and empowerment — are embraced by POWER creating an environment and culture where both clients and staff can thrive. ✨



Stephanie Covington

Diane

Diane Johnson, RN, BSN
Associate & Clinical Director

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POWER welcomes questions, comments, and suggestions from our readers about programs, services, and topics discussed in our newsletter. Please send all inquiries to:

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dear friends,



September is **National Recovery Month**, a time when we recognize and honor individuals in recovery, and the friends, families, and professionals who work on their behalf. Over 23 million American adults are in recovery, including over half of POWER's staff. Collectively, our staff represent more than 400 years of living free from the burden of addiction. They are living proof that hope exists.

Our holistic approach is designed to help women to see that overall good health is critical to their recovery process. As our nation's healthcare reform unfolds, we're seeing greater emphasis on helping individuals improve their emotional, spiritual, financial, social, mental, and physical health. In fact, the focus of National Recovery Month is to praise the gains made by those in recovery from a substance use disorder just as we would those who are managing health conditions like hypertension, diabetes, and heart disease.

At POWER, we've launched a wellness initiative that emphasizes overall health. Staff are being trained as wellness coaches, we've integrated health and wellness topics in our life skills program, we've added healthier food choices agency-wide, and we continue to provide opportunities for clients to get active. To mirror and enhance our work with clients and to support the health and wellness of staff, we also launched an employee wellness initiative. Staff members who demonstrate a commitment to improving and maintaining their health will be rewarded.

The news in the addictions treatment field is not always positive, and with the growing trend of younger women presenting with heroin addiction, POWER is challenged to remain informed and well trained. Along with adopting best practices in treating substance abuse, we need to use common sense. Paying attention to our overall health at POWER will be a "win-win-win": a win for staff, for the women and families we serve, and for the communities and world within which we all live.

Join us as we celebrate National Recovery Month and learn more about how you can support the efforts of women working to reclaim their lives.

Here's to your good health!

Rosa Davis, MSW, ACSW
Executive Director

Kudos & Special Thanks



Special thanks to the **East End Food Co-op** who made POWER its Register Round-Up beneficiary for the month of August, raising over \$1,200. And thanks to POWER staff **Brandi Gurcak** and **Willy Oakley**, who graciously volunteered their time to staff an information table at the Co-op.



Thanks to volunteer **Pat Kaley** who organized the annual "Phlocking of the Phaithful" with a group of friends (all Jimmy Buffett fans!) and donated proceeds from the event to POWER.



Kudos to POWER staff **Ramona Davis, Denise Johnson, Renee Johnson, Dennene Kappel, Idell Kirby, Ethel Lane, Mary Louise Rouse, Francine Wainwright, Vivian Watkins, Tracey White, and Cynthia Wright**, who all became certified recovery specialists (CRS) in August. The CRS credential encompasses three domains of competence: Recovery Management, Education and Advocacy, and Professional Ethics and Responsibility.

"Keep your face
always toward the
sunshine and shadows
will fall behind you."

~ Walt Whitman

sunflower POWER

On Wednesday, September 11th, POWER hosted the 5th annual Sunflower POWER — its fabulous, funky celebration of **National Recovery Month** — at PerLora on the South Side.

Sunflower models were decked out in western and prairie-themed looks styled by **Izzazu International Salon**, **Norman Childs Eyewear by Eyetique**, and **Roberta Weissburg Leathers**. DJ **Jonny Hartwell** of **3WS** kept over 200 guests moving as they enjoyed light fare by **Bistro 19**, **Ibiza**, and **Square Café**, and desserts from the **Bella Christie & Lil' Z's Sweet Boutique** food truck.

The **Room to Grow** live auction was a hit, featuring one-of-a-kind pieces by local artists **Stephanie Armbruster**, **Alexis Covato**, **Mia Tarducci Henry**, **Michael Lotenero**, **Tom Mosser**, **Keith Schmiedlin**, and **Nina Sowiski**. Our co-hosts, WTAE's **Sheldon Ingram** and Equal Magazine's **Joe King**, lent their energy and enthusiasm to the auction, which also featured an American-made leather sofa donated by **PerLora**.

Chaired by Honorary Chair **Jack Bellas** and event co-chairs and POWER board members **Sherree Goldstein** and **Mary Prezioso**, Sunflower POWER was one of many special activities coordinated by drug and alcohol treatment agencies across the U.S. to recognize National Recovery Month in September.

Thanks to our co-chairs, attendees, sponsors, partners, models, and volunteers for making this year's event an amazing one! ✨



Sherree Goldstein & Jack Bellas



Co-hosts Joe King & Sheldon Ingram



A sunflower model shows off pieces from the **Room to Grow** live auction

volunteer news

Thank you
POWER
volunteers!



POWER Promises volunteers Jennie Zioncheck and Janell Aguon

Kathy Leonard, Olivia Zitelli, Dawn Getty, Sandie Stuart, Vicki Clancy, Carol Jeffrey, and Marcia Smith at the Volunteer Tea



Registered nurse Judith Klingensmith consults with outpatient clients about diabetes management and other health issues



POWER Promises volunteers from BNY Mellon: Betsy O'Leary, Ann Turnbull and Jan Barr

Neenie Costello, Lis Tomlin, Susan Everingham and Karen Howard at the Volunteer Tea



POWER Promises volunteers Bonnie Rubin, Sherree Goldstein, and Terry Miller

Karen Howard, Karen Clark, Terry Miller, Rosa Davis, Jan Bamford, and Madelon Edelstone at the Volunteer Tea



POWER Promises volunteer Devan Hawkinberry

Susan Everingham, Germaine Gooden-Patterson, and Karen Clark at the Volunteer Tea





To become a POWER volunteer, please contact Karen Clark at kclark@power-recovery.com or 412.243.7535, ext. 214

Sonya Nelson took over when her church couldn't continue making birthday bags for House and Outpatient clients and makes them herself



Chenlin Liao walks with House residents twice a week



Ben Avon Community Presbyterian Church Faith in Action Volunteers Peter Barcousky, Elaine Brunner, Ross Dillon, Linda Williams, Len Barcousky, Linda Robertson, and organizer Walt Robertson (front)



Ginny Volponi, Corinne Anderson, Aleta Rowe, Betsy O'Leary, Dianne Cook, and Melissa McMahon of BNY Mellon's Women's Initiative Network, who held a financial literacy seminar for clients



Zonta North members Rebecca Greenwood and Debbie Meinert, Rosa Davis, and Zonta member Joanne Karg with birthday bags donated by Zonta to POWER Connection clients



Stephanie Petchel and her dog Ginger walk with clients. Stephanie also leads clients in team-building exercises.



Emma Amorose, Iza Lantgios, and Lilah Wiener with welcome bags they made



United Jewish Federation Good Deeds Day volunteers Reesa Rosenthal and Jon Halpern organized in-kind donations

"Sometimes your only available transportation is a leap of faith."

– Margaret Shepard

Donor Honor Roll

Recognition is based on cumulative gifts, including United Way pledges, made from July 1, 2012 to June 31, 2013. **Thank you for your generous support throughout the year!** A full list of donors can be found at power-recovery.com.

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POWER PROMISES



Cindy Shapira & guests



Ron & Judi Owen



Cara Sapida, Brenda Waters, Jon Burnett, Sally Wiggin

POWER Promises 2013 was a celebration to remember!

Some 400 guests mingled, bid on auction items, ate a delicious dinner prepared by **Tallulah's Catering**, enjoyed the music by **DJ Adele Georgetti**, and downloaded **POWER's new app!**

Emcee **Brenda Waters**, KDKA news anchor and POWER Advisory Council member, welcomed the attendees and Executive Director Rosa Davis introduced and thanked Honorary Chair **Cindy Shapira**, stating, "I think I knew from the moment we met when she was the Executive Director of NCJW, Pittsburgh Section, that we would work together on behalf of women." Cindy, in turn, presented the Seeds of Hope Award to **Judi and Ron Owen** for their longstanding support of POWER and tireless advocacy in the recovery community. Judi, a POWER Board member, said a few words of thanks, and then turned to Ron who had the audience on their feet with cheers and tears when he announced that Judi and he, through the foundation they created in their daughter Sarah's memory, were presenting POWER with a check for \$25,000 to purchase a much-needed van. Judi and Ron kept their secret until the very last moment. To say it added a new dimension to the event is an understatement!

The program continued with the presentation of three amazing POWER graduates whose stories were told by Brenda, **Sally Wiggin** of WTAE, and **Cara Sapida** of WPXI. Always the highlight of the evening, the graduates proudly took the stage and accepted the audience's standing ovation and heartfelt cheers of support.

Auctioneer **Tom Murphy** led the live auction which, when added to the rest of the evening's fundraising efforts, brought us to a total of nearly \$150,000! We extend our heartfelt thanks to all of our sponsors — led by **Giant Eagle**, **Levin Furniture**, **UPMC**, **UPMC Health Plan**, and **Community Care Behavioral Health** — as well as our in-kind auction and raffle donors, attendees, and volunteers. As Rosa stated, "Our hearts are filled with gratitude for the kindness and generosity we find each year when we ask the community to support our work with women in recovery." ✨



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 **Our Mission**

Helping women reclaim their lives from the disease of addiction to alcohol and other drugs, and reducing the incidence of addiction in future generations

A copy of the official registration and financial information may be obtained from the PA Department of State by calling toll free, within Pennsylvania, 800-732-0999. Registration does not imply endorsement.

Stay connected & download the free POWER app designed to:






- Allow clients and graduates to connect with us directly
- Facilitate referrals for women in need
- Connect with donors, simplifying mobile giving
- Reach potential volunteers
- Keep up-to-date on our activities and events
- Share tips, resources, and other information about POWER and recovery



POWER shall ensure the availability of preferential treatment to pregnant women. Priority is given to women as follows: (a) pregnant injection-drug users; (b) pregnant substance users; (c) injection-drug users; and (d) all others.

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