



## Beth's Story

**When Beth was 7 years old she witnessed her father's suicide. She remembers it like it was yesterday.**

Without counseling or recognition of her trauma, Beth self medicated. She began using cigarettes and alcohol in middle school to cope with depression and drank every weekend in high school. The drinking continued after graduation when Beth got married and began working; she thought it was normal to drink in the morning before work and during lunch. Although Beth stopped drinking during her two pregnancies, she resumed afterward. She would visit her father's grave to drink and was eventually using alcohol every day.

When Beth was in her 40s, three people she was close to died one right after the other. Her addiction took over, and for two years she drank day and night. She lost her job, didn't spend time with her family, and didn't eat. She developed neuropathy and liver issues.

"I wasn't drinking to get high," Beth says, "I was drinking to survive."

One morning, Beth awoke feeling like she would die if she didn't stop drinking. She woke up her husband and told him, "I need help."

After detox and rehab, Beth went to POWER's outpatient program. "That," Beth says, "is where my life really changed. POWER's mission is to help women reclaim their lives, and they really, truly mean that." POWER taught her responsibility and encouraged her to dig deep inside and recognize her good qualities.

They also helped her deal with her father's death.

"I realized I was going to his grave because I wanted answers about his suicide. But now I know I'm not going to get them, and POWER helped me accept that. I am at peace."

"I love my life. And it's all because of POWER."

Beth celebrated seven years in recovery in August and her 20th wedding anniversary in September. She realized another dream this year when she was hired as a Recovery Support Specialist at the POWER House. "I love my family," she says. "I love my life. And it's all because of POWER. When I walk into the POWER House to work, I smile the whole time I'm there."

## POWER Annual Report 2019



### Welcome!

POWER welcomes Kara Hall as our new Clinical Director. Kara has spent the past 15 years in the substance use disorder treatment field and specializes in clinical supervision, motivational interviewing, the treatment of co-occurring disorders, and trauma-informed care. Her previous clinical and management experience includes work in an inpatient rehab and detox unit, state prison, and various outpatient programs.

"I am so excited to be joining this amazing team!" says Kara. "POWER has such a great reputation in the community. The vision for the agency and the values are perfectly in line with my own. I look forward to helping POWER continue to grow in providing innovative, gender-responsive, trauma-informed treatment for substance use and co-occurring disorders."

**WE'RE  
HIRING!**

POWER is growing to meet the urgent needs of women in our community struggling with substance use disorders. Join our staff of skilled and dedicated professionals who served over 2,000 people last year! ► Find out about all of our current openings at [power-recovery.com](http://power-recovery.com).

As a service provider and employer, POWER values equality of opportunity, human dignity, and racial/ethnic and cultural diversity.

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**POWER welcomes comments and suggestions from our readers. Please send inquiries to:**

Britt Reints  
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breints@power-recovery.com

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# Dear Friends,



For more than 28 years, POWER has been creating ripples.

We know that both untreated addiction and recovery have far-reaching effects, just like the stone cast across the waters. When a woman frees herself from the burden of addiction, her life improves, the lives of her children and family improve, and the community improves.

POWER's woman-centered approach to care is the foundation on which we build our programs and services. We work hard to ensure that the support women receive reflects the unique needs of their lives and to identify any barriers that may stand in the way of their health and wellness. To that end, POWER is currently looking for the ideal facility for housing a women's integrated withdrawal management and rehabilitation program.

We know that people often find their way to detoxification programs during a crisis but frequently have trouble following through with treatment. By initiating treatment while also managing withdrawal symptoms for women who need to detox safely, POWER hopes to create a ripple of care that will bridge the gap between crisis response and recovery. Women will be able to move seamlessly from detox to their next phase of recovery, such as the POWER House or POWER New Day outpatient therapy, ultimately increasing the amount of compassionate treatment they receive from POWER and their chances of sustaining recovery.

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

— Mother Teresa

Our vision is to create a range of services for women so that they may always choose an all-female environment in which to begin or continue the painstaking work of recovery. We aim to meet women wherever they are on their journey and provide them with hope and support as they continue moving forward. This state-of-the-art program is the next step in moving closer to that vision.

We often hear about the widespread impact of one person's substance abuse problem. We know that children, families, and communities suffer. But let us remember that when one person gets healthy and whole, that impact is also widespread. From the ripples in the systems of care we create and deliver, to those in the lives of every woman who has sought help and hope, POWER is changing lives, one woman at a time.

Warmly,

Rosa Davis, MSW  
Chief Executive Officer



## 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 NIGHT OF HOPE

POWER  PROMISES

POWER celebrated 28 years of serving women in recovery at POWER Promises—A Night of Hope on May 16 at Nova Place on the North Side. “This is our first year here, and it feels fresh and new,” said POWER CEO Rosa Davis, “but you know, the reason we are here is the same as always — to raise funds for POWER.”

Special guests at the annual fundraiser included honorary chair Gisele Fetterman, Second Lady of Pennsylvania. KDKA-TV’s Brenda Waters emceed and former Pittsburgh Mayor Tom Murphy served as guest auctioneer. County Executive Rich Fitzgerald presented POWER’s *Seeds of Hope Award* to Dr. Karen Hacker, former Director of Allegheny County Health Department, for her work in the opioid and addiction treatment field. Cara Sapida of WPXI-TV and Mikey Hood of KDKA-TV were special presenters. The evening featured tributes to three POWER alums as well as food, art, and auctions.

Our thanks to our sponsors, donors, volunteers, and guests for making the evening a great success and supporting POWER’s lifesaving work.



POWER staff Samantha Dye and Erin Frohnhofner



Braddock Mayor Chardae Jones and KDKA-TV Reporter Mikey Hood.



Karen Hacker with Rich Fitzgerald



Highmark and Allegheny Health Network Vice President of Community Affairs Kannu Sahni and Gisele Fetterman



POWER Staff Madelon Edelstone and Rosa Davis with Brenda Waters and former board member Mary Prezioso



 **Yes! I support women recovering from addiction.**



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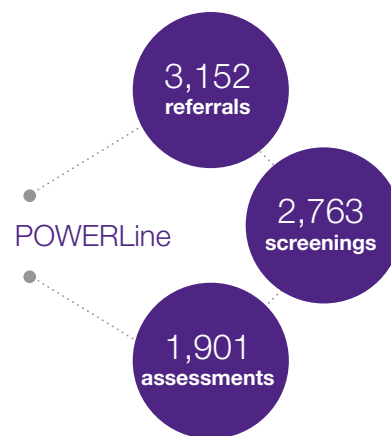
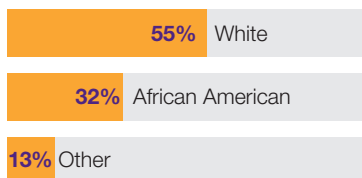
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# By the Numbers



## Demographics:

**34** Average age of clients



**88%**

of clients have children under the age of 18 years old.

**72%**

of clients reported a history of sexual, physical, or emotional trauma.

## POWER Perinatal Hope

**42** Pregnant women served

**28%**

increase over the previous year

**POWER House** graduates are reunited with their families, find employment, secure housing, and contribute to their communities.

## POWER House Residential Treatment

**90** Women served

**112 days** Average length of stay

## POWER New Day Outpatient Counseling

**196** Women served

**161 days** Average length of treatment

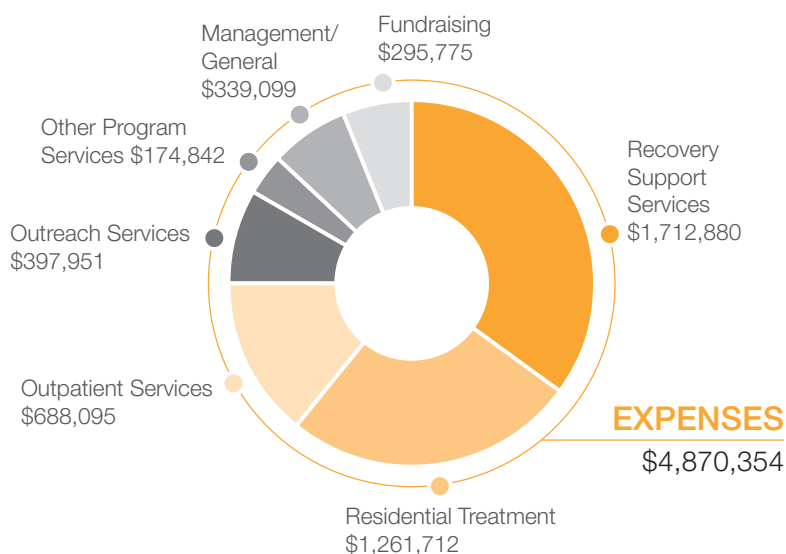
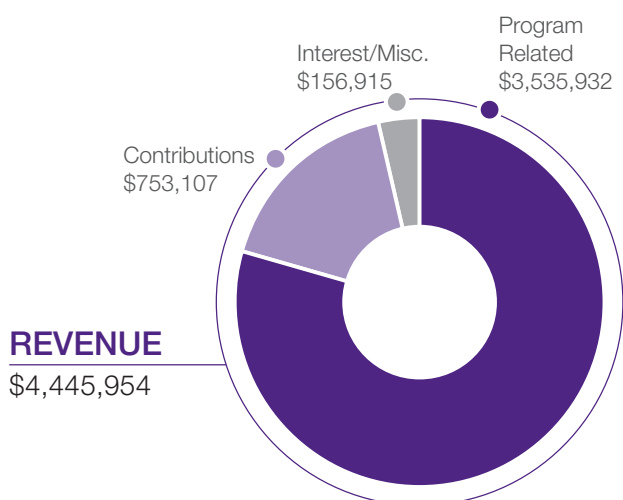
## POWER Connection Mentoring

**497** Women served

**138** Men served

# Financial Summary

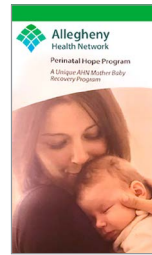
Based on unaudited totals for July 1, 2018 to June 30, 2019.



# Program Highlights

2019  
ANNUAL  
REPORT

- **Positive Pilot Program** is a new collaboration with CYF to provide drug and alcohol assessments within 24 hours to women who test positive for controlled substances immediately following delivery or whose newborns test positive.
- POWER has teamed up with **NurturePA** to provide moms in recovery with mentoring via a texting platform. The mentoring by text includes support for relieving parenting stresses that might interfere with a successful recovery and parenting skills that promote healthy child development.
- **Perinatal Hope Program**, a partnership with Allegheny Health Network to serve pregnant women addicted to drugs, expanded to provide assessments and treatment at more area hospitals. The program reached 42 women in FY 19, **an increase of 28%** over the previous year.
- Through a partnership with **Family Support Centers (FSC)**, POWER expanded outreach services to help identify and respond to drug addiction among parents and caregivers in Northview Heights and Providence Connection sites.
- POWER implemented trainings for clinical staff based on findings from our participation in a **Dual Diagnosis Capability Study** conducted by Case Western Reserve University's Center for Evidence-Based Practices.



## Volunteers

### POWER volunteers do so much to enhance POWER's services.

They hosted lunches, picnics, social hours, clothing give-aways, game nights, make-overs, and portrait sessions for the women. They delivered cookies on Valentine's Day, gave massages, assembled welcome bags for new clients, filled backpacks for clients' children, and took the women to the Greater Pittsburgh Community Food Bank where the women volunteered. POWER alums hosted two holiday parties for POWER House residents and shared their stories once a month with POWER Outpatient's Relapse Prevention Group.

#### Other volunteer activities included:

- **125 hours** of educational and enhancement activities such as classes in poetry, contemporary dance, self-defense, improvisational acting, parenting, exercise, dealing with grief, voter registration, and legal advice.
- **501 hours** of greeting clients, answering phones, and other clerical projects.
- **30 volunteers** helped organize and staff our annual fundraiser, POWER Promises.
- **20 groups** donated holiday gifts and events, including dinners, lunch, a choral concert, crafting, pampering, gingerbread houses, and an ice cream social.



POWER volunteer, SETpoint founder, and 6th degree Black Belt Lisa Nakamura demonstrates self-defense technique.



Discovery Christian Church volunteers



Bremacha LaGuerre gives clients and staff chair massages.

Athena's Fire House Concert





# Donor Honor Roll

The gifts listed here include all contributions to POWER between July 1, 2018 and June 30, 2019, including gifts through United Way. This listing is complete to the best of our knowledge. If there are any corrections, please accept our sincere apologies and contact Kathleen Lambert at 412-243-7535, ext. 223. Thank you!

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## Leave a Powerful Legacy

Leaving a gift to POWER in your will ensures  
you'll be a part of saving women's lives for  
many years to come. To learn more about  
planned giving options, contact Director of  
Development Samantha Dye at 412-243-7535,  
ext. 215 or [sdye@power-recovery.com](mailto:sdye@power-recovery.com).

**Legacy Society Members**

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#3511

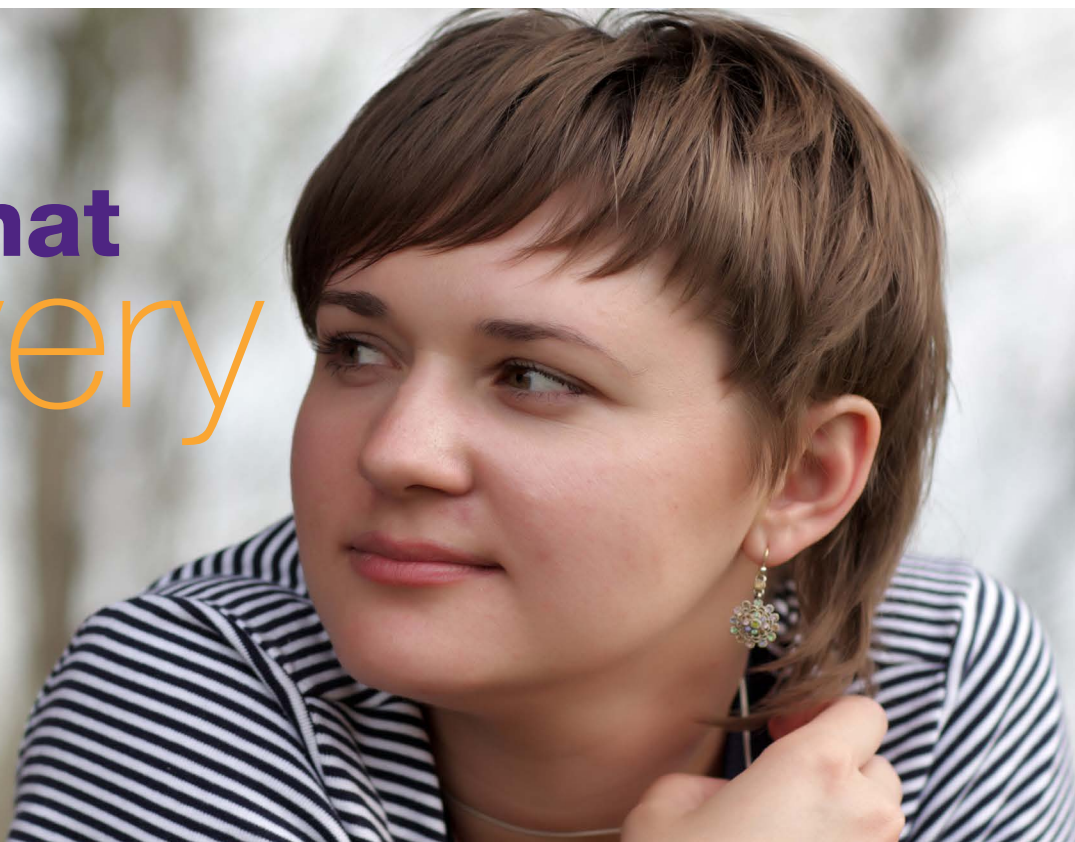
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The official registration and financial information of Pennsylvania  
Organization for Women in Early Recovery may be obtained from the  
Pennsylvania Department of State by calling toll free, within Pennsylvania,  
1-800-732-0999. Registration does not imply endorsement.

**This is what  
recovery  
looks like**



Are you or a woman you know struggling with drugs or alcohol misuse?  
We can help. Call the POWER Line at 412-243-8755

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