

Family Ties

*An informational newsletter
for families and friends
of East House*

Summer 2008

Two hundred guests attend East House presentation by author Harriet Washington

More than two-hundred people attended a presentation by Award-winning author Harriet Washington on April 14th at the Rochester Academy of Medicine.

The presentation was titled "American Psyche: Ethics, History, Race and Mental Health."

Washington discussed past and present ethical issues in the treatment of individuals suffering from mental illness and chemical dependency in America. She then joined guests for a reception and signed her book, "Medical Apartheid."

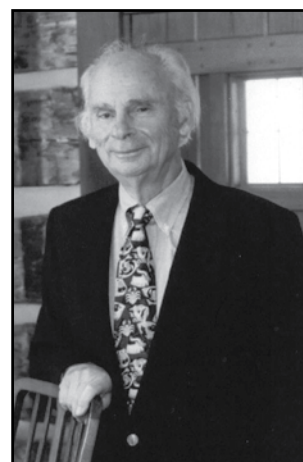
Sponsors of the April 14th event included the St. John Fisher College Master of Science in Mental Health Counseling Program, the Monroe



County Department of Human Services, Office of Mental Health, Coordinated Care Services, Inc., and Howe and Rusling.

In Memorium

Paul Wolk, of Hume, Virginia, died on May 28th at the age of 93.



Paul Wolk

Along with Hettie Shumway, Justice David Boehm, Ralph Collins, M. D., James Sterner, M.D. and Hilton

Hedrick, Wolk, a former local businessman, created East House as a non-profit agency in 1966. Each of these founders contributed their time, expertise, and personal resources. Wolk also served as the first Board President of East House.

Wolk House, which serves clients on Portland Avenue, was established in 1982 in honor of Paul's dedication and commitment to the agency.

"Without Paul Wolk, East House would not exist," commented Jim Sorrentino, President/CEO. "Thousands of clients and their families have benefited from Paul's vision, determination, and generosity." The Wolk family has designated East House to receive contributions in Paul Wolk's memory.



Forty Clients Graduate from Enrichment Program



Debra and Chantel, above, of East House's Pinny Cooke House for women in recovery, are two of forty proud graduates of East House's unique Enrichment Program. On June 12th, the graduates completed two weeks of study at RIT. Enrollees had the opportunity to take classes in computer skills, creative writing, Spanish, sign-language, public speaking, picture taking, and many more subjects. The program enhances other treatment programs and encourages clients to pursue education to achieve independence and self-sufficiency. "I loved every minute of it," said Chantel. "I'm thankful to East House for this great opportunity," said Debra. "This is one of the most enjoyable things I have done in thirty years."

Rochester Police Officer Moses Robinson was keynote speaker at the graduation, held at NTID's Panara Theatre. Robinson reminded the graduates that we are each responsible for what we know. "We will never get a chance to go through this life again," he said. "I admire you folks, because you are very strong. You have to be strong to beat addiction. You are already an example of success. Continue to do your best. God Bless you, and I wish you much success."

Guests were also treated to a rich performance of "Amazing Grace," by Reggie, a graduate and a member of the Crossroads Apartment Program. Although a fire drill disrupted the ceremony for several minutes, the incident could not thwart the feelings of enthusiasm and pride felt by the graduates, as well as the audience of 200, which included graduates' family members, volunteer teachers, East House staff and Board members, and guests.

Following the ceremony, guests enjoyed a reception in the NTID atrium. The two-week program and graduation event were sponsored wholly by donations from: The First Presbyterian Church of Pittsford, The Fred and Floy Wilmott Foundation, The Kessler Group, The Marie C. and Joseph C. Wilson Foundation, Riverton Golf Club, the Rochester Female Charitable Society, St. Mary's Church Society, Inc., Time Warner Cable, Wegmans Food Market and Zweigle's, Inc. Individual donors included: Mr. and Mrs. James Papero, Margy Cooke Taylor, and Dr. and Mrs. Edward Lewis. This is the twelfth year that East House has carried out this beneficial program.

"I'm honored to be part of this program," said Shane, of the Crossroads Apartment Program. "This has been a great learning experience. I'm determined now to engage in further education and to succeed. I have three children, and I want to be an example for them."



Check out our website!

East House has made changes to our website in recent months. To catch up on our latest news, or to find out more about programs, log on to:

www.easthouse.org

Save the Date:
August 21, 2008
for East House (agency-wide)
Annual Summer Picnic
Genesee Valley Park
Riverbend Shelter
4:30 to 7:30 p.m.

Community Partners In Quality, Board Members and Employees Honored

May 22nd was a day for honoring the friends, Board members and dedicated employees that make East House the successful organization that it is today. Six individuals and three organizations were honored as outstanding Partners in Quality, collaborating with the agency to improve the quality of life for individuals recovering from mental illness and chemical dependency. Eighteen employees and three Board members were also honored as they reached milestone anniversaries.

The following individuals received Partner in Quality Awards: **John Baldanza**, Volunteer Coordinator at Foodlink, **Ed Fraser**, Job Developer, Monroe County Dept. of Human Services; **Pamela Geil**, LMSW, Primary Therapist, Strong Ties; **Michelle Lanphear**, Conference and Event Coordinator, R.I.T.; **Kris Miller-Blazak**, Teacher, Greece Central School District and **Steve Neelin**, President, Quality Recruiting. In addition, the following organizations were also honored: **Beacon Residential Management**, **Highland South Wedge Pharmacy**, and **Oggi/Domani Salon and Day Spa**.

Three Board members were recognized for twenty years of distinguished service to the agency: **Samuel King**, Vice President and Senior Portfolio Manager, *Howe & Rusling*, **James Papero**, Retired, *Rochester Institute of Technology*, and **Patrice Scheg**, Vice President of Human Resources, *Time Warner Cable*.

The following employees were recognized for their years of dedicated service: **Everett Rose**, Assistant Program Director, *Independent Living Program*, celebrating 30 years with the agency; **Susan Lambert**, MS.Ed, NCC, CASAC, Program Supervisor, *Crossroads Apartment*

Program and **Richard Macirella**, Counselor, *Mental Health Apartment Program*, celebrating twenty years; **Pamela Kaufman**, MS, CRC, LMHC, *Mental Health Program Director* and **Scott Vogt**, BA, Case Manager, *Independent Living Program*, celebrating fifteen years; **James Dziubaty**, Program Assistant, *Independent Living Program*; **Kathleen Jacobowitz**, MA, Counselor, *Collins House*; **Donna Marcello**, BA, Career Counselor, *Career Services Program*; **Mary Morgante-Rice**, AAS, Counselor, *Boehm Lodge*; **Geoffrey Rono**, BSW, Counselor, *Boehm Lodge*; **Nancy Sanford**, Senior Accountant, celebrating ten years of service; and **Terence Heffernan**, Counselor, *Blake House*; **Cathy Jackson**, CASAC, Case Manager, *Crossroads Apartment Program*; **Daniel Jermyn**, Maintenance Supervisor, *Blake House*, **Sharon Jones**, Assistant Program Supervisor, *Blake House*, **Diane Lapp**, BS, Counselor, *Shumway House*, **Amy MacIntyre**, Learning Center Assistant, *Career Services Program*, and **Keenan Steverson**, BA, Assistant Program Supervisor of *Wolk House*, all celebrating five years of service.



Sam King, Patrice Scheg, and James Papero, celebrated 20 years of service as East House Board members.



East House employees and 2008 Partners in Quality, that together, make East House a success.

Annual Giving Campaign needs just \$6000 to meet Goal!

Gifts to East House's Annual Giving Campaign, from friends like you, support the programs that improve the quality of our clients' lives. We are very grateful that \$49,000 in gifts has been raised toward this year's goal of \$55,000. Our campaign will end on August 31st. If you have not yet sent in your gift, please consider making a contribution today. As readers know, 90% of all money raised directly benefits programs. And, these programs work. In 2007,

- 80% of our residential clients graduated to live more independently.
- 60% of residential clients were involved in education, training or employment.
- 188 clients were hired in paid or volunteer jobs with 124 different employers.

Please know that gifts to East House do make a great difference in the lives of all clients. If you have not made a contribution to the annual giving campaign to date, please fill out and mail in the attached envelope. The annual giving campaign will end on August 31, 2008.

The Development and Community Relations Committee, a sub-committee of the East House Board of Directors, is currently seeking new members with interest in fundraising and community relations activities. Please consider joining us. Meetings are once a month for just ten months of the year. For more information, call Anne Mc Kenna at 256-3800, ext. 213.

Program News:

Crossroads Program Goes Smoke-Free

In a groundbreaking directive, the State of New York has initiated a tobacco-free policy for all programs certified by the Office of Alcohol and Substance Abuse Services, beginning July 24, 2008. This directive affects all four Crossroads Residences (Hanson House, Blake House, Cody House, Pinny Cooke House) and the Crossroads Apartment Program. Staff members have been busy preparing clients and staff for this change in the way we operate. Crossroads staff will be providing more client education and support to help them quit smoking.

"Although a change, it is one that fits in well with our mission of assisting people with their addictions," states Susan Lambert, Program Supervisor of the Crossroads Apartment Program. As society has become increasingly aware of nicotine's extreme addictive quality, as well as the physical damage it inflicts on smokers and non-smokers alike, more and more people have made use of a variety of smoking cessation products to become non-smokers. Once at a high rate of 60% in the 1960's, the current rate of smoking in the general population in New York is now about 18%. However, in those with chemical dependencies, that rate is 85%! Statistics show that more people with addictions die of smoking-related illness each year than die of overdose, drug and alcohol-related motor vehicle accidents, and other drug/alcohol-related illnesses combined!

Over the years, East House has become aware that the people we help with recovery from drugs and alcohol, may die prematurely due to their nicotine addiction. The East House Crossroads Program, along with DePaul, Unity Health and Volunteers of America residential programs have been meeting all year to develop a plan to implement this policy throughout the treatment continuum. From detoxification, through inpatient, halfway house, outpatient, and supportive living, clients will receive treatment information and resources to help them address their dependence on nicotine. The primary care physician will also be an important participant in the delivery of this important service, providing prescription medications such as Zyban or Chantix, as appropriate, to help clients maximize their chances for success.

Each halfway house, and the apartment program is working with clients to develop alternative behaviors, with an emphasis on increased physical activity, improved nutrition, and participation in specific support groups as contributing factors to their success in ending this addiction. Within all the houses and apartments, tobacco products and paraphernalia will be forbidden from view. Specifically, packs of cigarettes, lighters, ashtrays, etc. must be out of sight at all times, and they cannot be used indoors, or on the grounds of Crossroads' property. This policy applies to all staff, clients, visitors and family members. We sincerely ask for your assistance and support during this transition.



Program News:

Mental Health Community Residence Program Takes It All In

You name it, they are doing it this Summer. Members of the Mental Health residence program have already enjoyed some fun in the sun this month...visits to the Seneca Park Zoo, Fairport Canal Days, Sea Breeze, the International Jazz Festival, and a Colonial Belle Cruise on the Erie Canal. In mid-June, 19 clients and 5 employees enjoyed a three-day, two-night camping trip to the cabins of Letchworth Park. Activities included hiking, arts and crafts, volley ball, fishing, a museum visit, cooking out and playing Cranium. Highlights of the trip were making s'mores by the campfire, and enjoying the pancake breakfasts served by Gretta Schaefer, MHAP supervisor. Upcoming plans also include concerts at the shore and miniature golf outings.

At **Collins House**, the family picnic is scheduled for July 17th. Recently, Collins residents attended a nutrition group as well undertook Spring House Cleaning. House members enjoyed Chinese Food as the reward!

The **Mental Health Apartment Program (MHAP)** Annual Family Picnic is slated for July 30th from 11:00 a.m. to 2:00 p.m. at Brighton Town Park. Families will be invited. For more information, call 546-3569.

Garage Sale Benefits ILP Clients' Vacation

Staff and clients of the **Independent Living Program** held a large garage sale on June 7th, raising more than \$800. These funds will help 18 clients and 3 staff members enjoy the opportunity to spend three days and two nights in Alexandria Bay in the Thousand Islands in September. Many thanks to all who donated items or helped with the sale.

ILP will hold the annual Family picnic on July 16th at 5:00 p.m. at Buckland Park on Westfall Road. For more information, call 244-0580.



The Importance of Family Involvement

At East House, we are firmly committed to the idea of "evidence based" practices. That means that our programs and methods are built on what research says works best for the clients. In recent years, a great deal of research has examined the role of family involvement in clients' success. The data consistently shows that the greater the family involvement, the better the outcome for individuals in chemical dependency and mental health treatment. As care providers, we understand that each family's needs and situations are different and each has a unique relationship with their loved one. We understand and accept this while exploring with clients how family involvement can help them reach their goals and improve their quality of life.

Guidelines For Families To Express Concerns

East House has guidelines for clients and families who wish to express concerns or complaints about our programs, services, staff and facilities. These guidelines describe the underlying values and outline the steps for communicating and addressing concerns from clients and families. Each concern or complaint that is identified by a client or family member will receive sensitive individual attention by staff. For a copy of a brochure (available in Spanish) that describes the process in more detail, or if you have an issue and/or concern that you would like to discuss, please contact: **Ann Hollander, LCSW-R, Vice President at 256-3800, ext. 218 or ahollander@easthouse.org.**

The East House Library: A Resource for Families

East House maintains a professional library containing a variety of audiocassettes, books, journals, videotapes and free pamphlets on mental illness, substance abuse and their treatment. Located at the administrative office at 1701 Lac De Ville Blvd., the library contains multiple copies of many books, tapes and videos available for loan. Reference books and periodicals are available for use at Lac De Ville.

A complete listing of available resources is available by calling the East House Receptionist at (585) 256-3800.

Support for Families

The following local organizations provide information, referral services and support to families of individuals who are mentally ill, alcoholic or drug dependent:

Information & Referrals

- **Life Line (585) 275-5151, or call 2-1-1.**

Alcohol & Substance Abuse

- **Office of Alcohol and Substance Abuse Services (OASAS): (585) 454-4320**
- **National Council on Alcohol and Drug Dependency: (585) 423-9490**
- **Hispanic Prevention & Education Program: (585) 423-9490**

Mental Illness

- **Mental Health Association: (585) 325-3145** provides a clearinghouse of self-help groups, a directory of mental health services and therapist referral service.

Support, Caring & Sharing

- **Alcoholics Anonymous: (585) 232-6720**
- **AIS – Al-Anon Information Center: (585) 288-0540 (24-hour information service)**
- **Mental Illness: NAMI of Rochester (585) 423-1593**

For a comprehensive list of organizations that provide information, referral services and support to families of individuals who are mentally ill, alcoholic or drug dependent, visit the East House Website: www.easthouse.org

Consider Creating a Legacy

Use your will to support
East House

Are you in the process of updating your will? Charitable planned giving is an investment that does not take a tremendous amount of money to make a difference... and, gifts don't have to be cash. Any asset may be given such as stocks, bonds, vehicles, etc. We have several booklets available through the Rochester Grantmakers Forum that will help you to plan:

- **Willpower, Your Personal Guide to Creating your Legacy**
- **So You Want to Give?**
- **Popular Techniques of Charitable Giving**
- **Willpower Fact Sheet**

For information on planned giving or to request booklets or handouts, please contact:

Anne McKenna 585.256.3800 x 213
amckenna@easthouse.org

WILLpower is a free resource provided by the Rochester Grantmaker's Forum to assist in Rochester area philanthropy.



More Than 40 Years of Caring

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