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# Inside EAST HOUSE

MENTAL HEALTH, CHEMICAL DEPENDENCY AND CAREER SERVICES PROGRAMS

Over 40 Years of Caring

Spring 2011

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## PATTY DUKE TO SPEAK AT EAST HOUSE HOPE & RECOVERY CELEBRATION



The third annual East House community lecture and luncheon, a “Celebration of Hope and Recovery,” will feature Academy Award-winning actress, writer and mental health activist Patty Duke. Ms. Duke will visit Rochester to share her story as a successful, working actress while living with

bi-polar disorder. The luncheon will take place on September 28th at the Doubletree Hotel as part of East House’s endeavor to help people with mental illness live more satisfying and productive lives.

Ms. Duke, who won hearts as a teenager on the Patty Duke Show and as the Best Actress in a Supporting Role Oscar winner for her performance in the 1962 film, *The Miracle Worker*, went on to star in several film and stage productions. Beyond her acting career, she has

also written two books, *Call Me Anna*, and *A Brilliant Madness*. Both books explore her personal experiences with bi-polar disorder: the most effective treatments and her insight into the challenges of living with a mental illness.

“We are very excited to have Ms. Duke share her time and experience with the Rochester community,” said Heather Keys, chairperson of the event. “We feel that her presence at the luncheon will help remove the social stigma of mental illness, and send a message that hope and recovery is possible.”

This special event will take place at the Doubletree Hotel in Rochester on September 28th, 2011 at 11:30 a.m. Luncheon reservations are \$50.00 per person. All proceeds will benefit East House and its mission to assist those in need throughout the Rochester area. Sponsors to date include Capstone Construction, LLC, DePaul and Excellus.

For more information, please call (585) 256-3800, ext. 231 or visit our website at [www.easthouse.org](http://www.easthouse.org). ■



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## STATE STREET IS ON THE RISE!

Work has begun at the site of the future Paul Wolk Commons at State Street! The new East House apartment building, which will feature 45 one-bedroom apartments, is on the way. Demolition of the former gas station in the future parking lot began on March 21<sup>st</sup>. Full construction of the building site will begin in May.

The Commons are slated to open in December of 2011, with plans for residents to move into Paul Wolk Commons in January 2012. The building will feature thirty licensed treatment apartments and fifteen affordable apartments available to members of the greater Rochester community. Staff will be on duty 24 hours per day. ■

## A Letter from the President



### The Enduring Promise Of Spring

Dear Friends:

Who is not ready for spring? The winter months have been particularly cold and snowy this year, as has been news from Albany and Washington. Cuts, cuts and more cuts, combined with snow, snow and more snow. But now we are once again on the doorstep of spring, with more light, more sun, and dare I say, more warmth.

And what a spring this will be for East House. We are very close to breaking ground on Paul Wolk Commons, the 45-unit apartment project on State Street. We anticipate completion by the end of 2011 on this \$8.5 million dollar project.

The Connections Recovery Center opened April 5th. The carriage house located at the Pembroke House has been converted into a meeting center for recovery and wellness oriented services. Two peer support specialists have been hired and will play a key role in the development of the center. Many thanks go out to the volunteers and donors who have made the transformation of the former Career Services offices into "Connections".

Speaking of Career Services, they are now the only limited licensed Personal Recovery Oriented Services (PROS) provider in New York State. Now running classes under this model, PROS programming offers

clients learning experiences geared specifically to their own recovery goals. Once fully operational, PROS will serve 60 people per month, and already is approaching that number.

Also, the new Home to Stay Program, run through our Independent Living Program (ILP), has begun to admit people who qualify for federally supported rent stipends. Targeting homeless people with a history of mental illness, we have admitted eight people and placed five. Currently we have funding for ten stipends, which will expand to 23 in the fall.

On the community education front, we are happy to be sponsoring a May lecture by Ellen Hopkins, a New York Times best-selling author, who will speak on her work and personal family experiences with addiction to methamphetamine. And we welcome Patty Duke, actress and mental health advocate as our third annual Hope and Recovery luncheon speaker.

We have been busy planting many seeds this winter, which we trust will blossom into enduring resources for our clients' recovery for many years to come. Welcome to spring at East House. Come grow with us! ■

Sincerely,

**Gregory J. Soehner**  
*President/CEO*

### Please Remember East House (Option #436) as you Participate in the 2011 United Way Campaign Donor Option Program

As you make your United Way donation this spring, please consider designating your gift to East House by selecting Donor Option #436. Your gift will directly support initiatives such as our RIT Enrichment Program that provides a college based educational experience, the Wolk Learning Center that provides tutoring and GED preparation, or our new Connections Recovery Center that is run for and by clients. These efforts and more rely on private support to function.

Whether it's days of sobriety, success on a new job, a quiet, safe place to live, or just a day without the taxing symptoms of their illnesses, people find hope at East House, thanks to your generosity.

*Thank you for your gift of Hope!*

# New York Times Best-Selling Author Ellen Hopkins to Speak at East House Event



*"The Monster is what they called their crystal; we learned about it in school... what they didn't say is how the Monster chews up families,"* wrote Ellen Hopkins, in her verse novel, *"Fallout."*

Author Ellen Hopkins will present a lecture on May 13th, 2011, at an East House sponsored event. Her presentation will include reflections on her experience with her daughter's addiction and its effect on their family.

Ms. Hopkins, the New York Times best-selling author of *Crank*, *Burned*, *Impulse*, *Glass* and *Identical*, has written more than 30 books. Her 2002 verse novel, *Crank* is first in a trilogy that, along with *Glass* and *Fallout*, explores the horrible influence of drug abuse and addiction. The fictional trilogy is based on Hopkins' own daughter's addiction to methamphetamine.

The presentation will take place at the Rochester Academy of Medicine at 1440 East Avenue on May 13th at 1:00 p.m. Reservations are \$10 per person, which includes the lecture followed by a book signing reception with the author.

Seating is limited! For tickets or more information, call (585) 256-3800, ext. 231; or visit our website at [www.easthouse.org](http://www.easthouse.org). ■



## 2011 Reel Mind Series to Begin on May 17

East House is once again a sponsor of the Reel Mind Film Series. The Series will kick off its 2011 season on Tuesday, May 17th. The films will all be shown at the Cinema Theatre at 7:00 p.m. Each film will be followed by a discussion with a panel of local psychiatrists and mental health professionals.

### TUESDAY, MAY 17:

**OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie** (*documentary*)  
**SPECIAL GUESTS:** Co-writer/co-director and film subject Bud Clayman in attendance, along with co-writer/co-director Scott Johnston. **MODERATOR & LOCAL PHYSICIAN:** Dr. Jeffrey C. Levenkron, PhD

### TUESDAY, MAY 31:

**THE SOLOIST**, starring Jamie Foxx and Robert Downey, Jr.  
**SPECIAL GUEST:** Mark Ragins, M.D., one of the real-life doctors for the subjects in the film. Ragins is a founding member of the community where film subject Nathaniel Ayers went to live; he also served as an advisor to newspaper reporter and SOLOIST author Steve Lopez.

### TUESDAY, JUNE 14:

**IT'S KIND OF A FUNNY STORY**, starring Keir Gilchrist, Zach Galifianakis, Emma Roberts, Viola Davis, Lauren Graham

### TUESDAY, JUNE 28

**ONE FLEW OVER THE CUCKOO'S NEST**, directed by Milos Forman, starring Jack Nicholson, Louise Fletcher, Danny DeVito, Brad Dourif, Scatman Crothers. The film received five Academy Awards (out of 9 nominations) It was the first film in 41 years to sweep the major categories of best picture, director, actor, actress and screenplay.

Tickets are \$8; available at the Cinema the night of each showing. Advance tickets and more information are available at the Mental Health Association at 320 South Goodman St. Call 325-3145; or visit the website at [www.thereelmind.com](http://www.thereelmind.com)

## THANKS TO LOWE'S HEROES FROM THE CONNECTIONS RECOVERY CENTER!

Lowe's Heroes Volunteer Program selected East House for a recent community improvement project. These super heroes have transformed a former carriage house that is located at Pembroke, one of the agency's group homes, into Connections Recovery Center.

Lowe's Heroes from the Home Improvement stores in Henrietta, Greece and Webster, donated and placed new carpet throughout the first floor of the carriage house. The team also added new lighting throughout the first floor and shelving to the second floor. In the restroom, the heroes donated and installed a new vanity, sink, toilet and ceramic floor tile. This special group also donated paint, six tables and fifteen chairs to the Center. The 1100 square-foot space will function as The Connections Recovery Center for use by all clients.

"We are very grateful to Lowe's for choosing East House for their community improvement project this year," said Greg Soehner, President. "The Connections Recovery Center will create positive new opportunities for our clients. Lowe's associates are truly heroes to us."

Mrs. W. P. Pembroke donated the large home and carriage house on Dartmouth Street to East House in 1969. The



two-story carriage house was the original administrative office for East House, then became the first Career Services site, but has been vacant since the mid-90's and used for general storage. Lowe's Home Improvement Warehouses of Henrietta, Greece and Webster came together to provide this invaluable donation to East House. ■



## CONNECTIONS RECOVERY CENTER NOW OPEN

Connections Recovery Center, formerly the Carriage House at Pembroke, opened for operation on April 5th, marking a new milestone for the agency.

The Connections Recovery Center will provide East House clients a place to work out, an activity room for social gatherings like art club and coffee clutch, and an office area. Clients hired by East House through the Learning Center's Employment Program will manage the Center. In addition to other services, Connections will offer classes about health, nutrition, wellness, and smoking cessation. This important resource helps reinforce East House clients' pathway through their recovery process. ■



# ASSEMBLYMAN VISITS EAST HOUSE

East House clients shared their stories with Assemblyman Steven Cymbrowitz, Chair of the New York State Assembly's Committee on Alcoholism and Drug Abuse and guests at Career Services on March 18, following a legislative breakfast held at Mario's Italian Steakhouse sponsored by the Consortium of Alcohol and Substance Abuse Services (CASAS), Finger Lakes/ Region II. "East House truly saved my life," said Glen, third from left in the front row. "I don't know where I would be right now if I had not received such wonderful help and support." Five additional clients who have moved on from rehabilitation into careers and college classes echoed his sentiments. ■



*Seated in the front row are Harry, Shawn, Glen, and Jerry. In the back row are Patrick Seche, Vice President, CASAS Region II, Craig Johnson, President, CASAS Region II, Marty Teller, Chair, CASAS Region II Public Policy Committee, Greg Soehner, President/ CEO East House, Morrie, Julie, Assemblyman Cymbrowitz, & Brenda Capozzi, Crossroads Program Director.*

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## EAST HOUSE RECEIVES \$2,500 GRANT FROM THE HOME DEPOT FOUNDATION

Through its Building Healthy Communities grant program, The Home Depot® Foundation has awarded \$2,500 to East House, which will be used to renovate the kitchen at Blake House.

The grant will update appliances and replace a kitchen counter at Blake House, an East House group home, which serves 24 men recovering from chemical dependency. "We need a new oven and the counter is cracked, so liquid leaks into the cabinets," said James Smith, Program Manager of Blake House. "The kitchen serves 25 to 30 people each day and that causes a lot of wear and tear. We are thrilled to receive a \$2,500 gift card from The Home Depot Foundation – our staff and clients cannot wait to get the new appliances that we need!"

The Home Depot Foundation's Building Healthy Communities grant program supports the work that local nonprofit organizations, public schools and other community organizations are doing to improve the physical health of their neighborhoods.

"We are delighted to support local volunteer projects aimed at creating healthier, more stable communities where families can thrive," said Kelly Caffarelli, President, The Home Depot Foundation. "East House deserves enormous credit for their work, and we are glad to be part of their efforts." ■

## Honor and Memorial Gifts

*Our many thanks for honor and memorial gifts received November 15th to March 15th.*

### IN HONOR OF

**Gail Begley & Staff**

*Ms. Sharon W. Boyce*

**Greg Bell**

*Mary L. Bell*

**Timothy Cassidy**

*Ann & Michael Jaglowski*

*Joan & Ralph Williams*

**Kay Delehanty-Jackson**

*John & Winnie Delehanty*

**Eric Dobe**

*Mary Ann Dobe*

**Dr. Stephen Dvorin**

*Carol Saginaw*

**East House staff**

*Mary Lux*

**The Jones Family**

*Gregory J. Soehner*

**Arthur & Barb Hirst**

*Mr. & Mrs. Kelly & Todd  
Johnsson*

**Anne Mc Kenna**

*Rosemary Taravella*

**Steven Messina**

*Anonymous*

**Jim & Gerry Papero**

*Arlene & Joseph Fede*

**Gretta Schaefer**

*Lenore A. Schaefer*

*Ronald & Linda Schaefer*

**Pat Scheg**

*Anne Giuliano*

**Robert Sheldon**

*Sandra Worden-Balonek*

**Greg Soehner & Jim****Papero**

*Dan Meyers*

**Jim Sorrentino**

*Rhonda T. Brown*

**Mental Health Program****St. John Fisher College**

*Stephen Dvorin, M.D.*

**Shumway House Staff**

*Jill Kowalski*

**Carrie Taravella**

*Anne Mc Kenna*

**Joan & Jerry Welch**

*Mr. & Mrs. William  
Wilcox*

**Susan Wren**

*Michael Nazar &  
Catherine M. Callery*

### IN MEMORY OF

**Selina Barber**

*Richard Wendl*

**Richard Basaman**

*Edward & Maria  
Basaman*

**Lois Bergman**

*Anonymous*

**Elvira Bliss**

*Anonymous*

**Steven Britt**

*Carol Ann Britt*

**David Brownyard**

*Robert & Joanne  
Brownyard, Sr.*

**Pinny Cooke**

*Arlene & Joseph Fede*

**Paul Dixon**

*Samuel C. Dixon*

**Mrs. Denise Dube**

*Carole Lombard*

**Susan Getz**

*Elizabeth Ann & Robert  
Getz*

**Elizabeth Gibson**

*Carl & Eileen Semmler*

**Jessica Hilton**

*Douglas & Betty Bufano*

**Johannes Jakat**

*Gloria Jakat*

*Judy Lombard-Newell*

**Marjorie, Jennifer &  
Jimmy**

*Timothy & Heidi Tyler*

**Jeffrey E. Kelsey, M.D., PhD**

*Mr. & Mrs. Easton Kelsey*

**Lisa Longwell**

*Mr. & Mrs. Alden &*

*Beverly Longwell*

*Linda Makely*

**Mary Papero**

*Douglas & Betty Bufano*

*Mr. & Mrs. Thomas J.*

*Hamilton*

*Robert & Marcia Metzger*

**Murial Rosenthal**

*Mr. Alex Rosenthal*

**Wanda Webster**

*Mr. & Mrs. W. Parkinson  
& Martha W. Myers*

**Carin Wood**

*Gretta Schaefer*

### 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 do not have to be cash. Any asset may be given such as stocks, bonds, vehicles, etc. We have materials available through the Rochester Grantmakers Forum that will help you plan:

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

Individuals that have made a planned gift to East House become members of the Founders Society, and are invited to special Society events. For more information on planned giving, please contact: **Anne McKenna (585) 256-3800 ext. 231** or email [amckenna@easthouse.org](mailto:amckenna@easthouse.org). WILLpower is a free resource provided by the Rochester Grantmaker's Forum to assist in the area of philanthropy.

## EAST HOUSE HITS THE LINKS FOR MENTAL HEALTH



East House staff and clients participated in the Mental Health Association Skyway Open at Eastview Mall on Saturday, March 19. More than 360 golfers hit the links in the tournament including President Greg Soehner, his wife Laura Jones, and Board Members Dr. Doug Bufano (who got a hole in one on the East House green!) and Dr. Steve Dvorin.

The East House green was second in the course and themed “Growing with East House.” It featured a model of the upcoming Paul Wolk Commons at State Street facility. Golfers putt down a recreated driveway and parking lot lined with mini trees and flowers, next to the State Street building. East House volunteers gave golfers flower seeds as a symbol of spring and growth. The creation of this fabulous green was a collaborative effort of East House staff members who worked energetically to make it one of a kind. Congratulations to all! ■



## CALENDAR OF UPCOMING EVENTS

- MAY 13** Author Ellen Hopkins lecture and reception sponsored by East House- 1:00 p.m.  
Rochester Academy of Medicine- \$10.00- Call 585-256-3800, ext. 231
- MAY 17** Reel Mind Series to begin at the Cinema Theater – 7:00 p.m., with “OC87”
- MAY 27** Car Wash to benefit RIT Enrichment Program, 10:00 a.m.- 2:00 p.m.  
1701 Lac de Ville Blvd. Lunch will also be served and available for purchase.
- MAY 31** Reel Mind series presents the film “**The Soloist**” with panel discussion following, that will feature the film’s psychiatrist, Mark Ragins.- 7:00 p.m.
- JUNE 14** Reel Mind series presents “**It’s Kind of a Funny Story**” Cinema Theater – 7:00 p.m
- JUNE 16** RIT Enrichment Graduation Ceremony, Inglewood Auditorium- 4:00 p.m.
- JUNE 28** Reel Mind series presents “**One Flew Over the Cuckoo’s Nest**” Cinema Theater – 7:00 p.m
- SEPT. 28** Third Annual Hope & Recovery Luncheon with guest speaker Patty Duke.  
11:30 a.m. - The Doubletree Hotel - \$50.00 per person - Call 585-256-3800, ext. 231.

## DID YOU KNOW THAT....

- East House opened in 1966 and has now served the Rochester community for 45 years?
- We help over 1,000 clients and families throughout each year?
- Relatives of Buffalo Bill Cody once owned Cody House, an East House 15-bed community residence, located in the Corn Hill neighborhood? The house is a Rochester landmark.
- That mental illness affects one in four families?
- The following people struggled with mental illness?  
*Abraham Lincoln, Beethoven, Virginia Woolf, Ernest Hemingway, Leo Tolstoy, John Keats, Edgar Allan Poe, Isaac Newton, Winston Churchill and Vivien Leigh?*
- East House is a private, not-for-profit that relies on the support of people like you!

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*East House is a private, nonprofit agency that provides rehabilitation, residential and support services to individuals recovering from mental illness and chemical dependency. East House serves more than 1000 clients and their families each year, and is funded by New York State, Monroe County, United Way, client fees and donations.*



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*More Than 40 Years of Caring*

