



University of California, Irvine Studies SLBTS's T.E.A.C.H. Program

IRVINE, CA – In the Fall 2003 **Brendan Bickley** and **Paul Alexander**, both graduates of the Sober Living By The Sea's T.E.A.C.H. Program and then undergraduate students of the University of California-Irvine (UCI), were accepted into the Social Ecology Honors Research Seminar Class. Dr. Valerie Jenness, Chair of the Department of Criminology, Law and Society and the Department of Sociology directs this three quarter course designed to allow the student the opportunity to complete original research, while being supervised by a another member of the Social Ecology faculty.

Acceptance into the Honor Research Seminar is based on previous academic achievement, the ability to attain a faculty mentor, and selecting an original and interesting research topic. Having met the first requirement, Brendan and Paul approached Dr. George E. Tita, Assistant Professor in the Department of Criminology, Law and Society with the idea to study the effects of Sober Living By The Sea's T.E.A.C.H. (Transitional Education Action Ca-



Brendan Bickley and Paul Alexander continue to guide Sober Living's T.E.A.C.H. program.

reer Help) program with regard to producing lower attrition relapse rates. Brendan and Paul explained the T.E.A.C.H. program to Dr. Tita and he agreed that "the T.E.A.C.H. program provides an interesting model for treatment, and a sound evaluation would go a long way towards demonstrating the efficacy of the program."

With Dr. Tita acting as a research mentor, Brendan and Paul applied for and received a small grant to conduct their research with the following hypothesis: The objective of our research is to determine whether participation in an educational component increases the chances of post-release success for individuals participating in a drug and alcohol treatment program. Specifically, we examine the T.E.A.C.H. Program, a voluntary program that places clients in addiction counselor training classes at a local community college. Using a number of outcome measures to determine success, clients were assessed at the time of admittance, discharge, and six months after their discharge dates. Overall success was based on continued abstinence from drugs and/or alcohol, involvement in 12-step recovery meetings, employment, and enrollment in college. We anticipate that clients who participated in the T.E.A.C.H. Program will show a higher level of success on a number of outcome measures than those clients who did not participate in the T.E.A.C.H. Program. This work is important for aiding in the development of

effective addiction treatment models.

On May 15, 2004, the research results were presented at the 11th Annual UCI Undergraduate Research Symposium. Brendan and Paul compared 75 subjects who participated in the T.E.A.C.H. program to 75 subjects who received treatment but did not participate in the T.E.A.C.H. program. Overall, clients who went through the T.E.A.C.H. Program were more likely to stay sober for six months post discharge, were more likely to remain in college after treatment, and were more likely to return to recovery after a relapse.

These results, while preliminary, serve to validate SLBTS's creative treatment model which is offered to every resident as they complete their initial residential treatment program. Now in its 8th year, T.E.A.C.H. has had hundreds of successful graduates. Today, both Brendan and Paul continue to work at SLBTS directing and further developing the T.E.A.C.H. program. Additionally, both graduated cum laude from UCI in June 2004, Brendan is now in law school and Paul will begin law school later this year.

This winter 19 new SLBTS clients registered to participate in the T.E.A.C.H. program. You can learn more about this successful and innovative program by visiting our website www.soberliving.com/college_prog.htm

Tom Wilkinson Appointed SLBTS Program Director



In early January 2005, Bill Swiney, Executive Director, announced the selection of **Tom Wilkinson** as the Sober Living By The Sea Program Director. The Program Director is responsible for the 24 hour management of SLBTS, which includes supervising

all staff delivering treatment for cohesiveness and inter-disciplinary issues, as well as program and patient management.

Wilkinson has been in the addictions treatment field for more than 15 years. He has extensive experience in treating chemically dependent and dual disordered clients in both inpatient and outpatient settings, including more than six years as a primary case manager at Newport Beach's Hoag Memorial Hospital Chemical Dependency Center and five years as an Addiction Therapist at Capistrano by the Sea Hospital in Dana Point, Ca.

In May 2004 Tom came to SLBTS as a Case Manager for the Alternatives Program. In the Fall of 2004 Tom accepted a full time position to be the Alternatives Program Night Manager. When accepting the promotion to Program Director, Tom commented: "During my time at Sober Living by the Sea I am continually impressed with the level of dedication and commitment of our staff to providing the highest level of care to our clients. Sober Living offers a full spectrum of treatment options to address the specific needs of each client and their families to make deep lasting changes in their lives. Based on the founding principles of our facility, Sober Living will continue to grow and develop in the years to come and continue to broaden our line of treatment options to the communities we serve. As we look ahead to the future, we will remain dedicated to the highest level of client care and the development of cutting edge programs to set us as the benchmark for facilities everywhere. We have a well trained and motivated staff that has a true commitment to each of our clients and I look forward to bringing my talents to an already impressive team."

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Former T.E.A.C.H. Students
We want to hear from you. Please send us an update
judy.helfand@soberliving.com

National, State, Local News

Forbes. Com Names Sober Living by the Sea as One of the Top 10 Places in the World for Chemical Dependency Rehabilitation....

SLBTS was selected by Forbes.com as one of the top 10 most luxurious places to begin recovery. Additionally, of the 10 facilities selected by Forbes, SLBTS is the **most affordable**. Visit www.forbes.com/health/2004/03/17cx_cv_0317feat.html



Unique Opportunities® The Physicians Resource Chronicles Kevin McCauley's Story

Unique Opportunities (UO) is a national magazine/web site, dedicated to the physician's career. While UO serves as a unique tool for physician recruitment, the Nov/Dec 2004 cover story "Saving Troubled Physicians" provided a "step by step guide to help get an impaired doctor in treatment and back on the job while protecting patients."

One of the two doctors profiled in the article is **Kevin**

McCauley. Kevin McCauley was a Navy flight surgeon who tried to stop taking pain killers, but couldn't get help fast enough. "I went from the back seat of an F-18 Hornet to a maximum security prison cell within weeks." Now some seven years later, McCauley serves as the Director of Medical Education at Sober Living by the Sea's Treatment Centers, Newport Beach, CA. To read the entire article go to www.uoworks.com/articles/impaired.html and to learn more about McCauley you can visit his web site at www.addictiondoctor.com

State of California: New Laws for DUI Offenders

Effective January 1, 2005

Senate Bill 1694, drunk driving convictions will remain on one's criminal record for 10 years. Previously, convictions were erased after seven years.

Senate Bill 1696, requires that before driving privileges are restored to a convicted drunk driver, proof must be submitted to the state by a course instructor, as opposed to the offender, that the violator completed a DUI-treatment program.

Senate Bill 1697, consolidates records of driver's license restrictions and sanctions with the DMV.

Sunrise Recovery Ranch Welcomes Joe and Charlie

A new barn and "Rescue Horses" complete the Ranch setting

The Sunrise Recovery Ranch welcomed two new "clients" this winter. They came to be soothed and to perhaps soothe the souls of the men beginning recovery at the Ranch. *Joe* and *Charlie*, both Rescue Horses, took up residence in the new barn at the Sunrise Recovery Ranch. Joe is a 20 year old palomino and Charlie is an Arabian.

When Sunrise Recovery Ranch first opened as Sober Living by the Sea's all male 30 Day residential treatment facility, the staff knew they had the right ranch home, the perfect setting complete with rolling lawns, mountain views, not to mention cozy outbuildings suited to welcome farm animals. As **Keith Miller**, Sunrise Ranch Director, says, "We're eight little acres of big promise, an ideal setting for healing and recovery from chemical dependency." This winter the pastoral setting was completed when Miller was contacted by a local AA friend and the "ranch" agreed to adopt the two rescue



horses, Joe and Charlie. The horses were in need of a good home with people to love and care for them. So far life is much better for Joe and Charlie.

Notes from the Editor...

A quick note to say I hope you enjoy our newsletter and to thank all of you who assisted us with news items and pictures. As you can see we have renamed the SLBTS newsletter...*Sea Currents*, as a medium of exchange and a constant flow of information to you our current clients, alumni, fellow treatment providers, and our SLBTS family. Sincerely, *Judy Helfand*

Sea Currents is compiled and edited by Judy Helfand & Brendan Bickley. Please send letters, news stories, and photos to: *Sea Currents* c/o Sober Living by the Sea 2811 Villa Way Newport Beach, CA 92663



Contact: Bill Swiney, Executive Director

1-800-647-0042

www.soberliving.com



A Leading Clinic in Transitional Recovery

The Victorian of Newport Beach



On a quiet street on the Newport Beach Peninsula one home stands out to the passerby for its unique architecture and subtle beauty. This stately residence is known as **The Victorian of Newport Beach** and for the last four years it has been home for our women clients who suffer from eating disorders.

According to Bill Swiney, Executive Director of Sober Living By The Sea's Treatment Centers, "The need to offer a treatment program specifically designed for eating disorders became apparent to Sober Living By The Sea's management team when it became clear that a high percentage of the women admitted to our 90 day chemical dependency program also struggled with severe eating disorders. But it took time to find the right staff and the right home to welcome these very special residents."

Now the "mission" to 'assist women who suffer from eating disorders as they seek to overcome and let go of the shame, blame, self loathing, and other dysfunctional behaviors that often accompany addiction' is being met and the professional staff works constantly to make this "home" the beginning of a new life for each client.

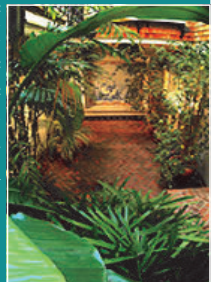
Clinically directing our Victorian staff is **Barbara S. Cole, Ph.D.**, a published and noted clinician for eating disorders; she has been a director of a residential treatment facility and is a former clinician at the Betty Ford Center. **Nikki Janssen, CADC**, serves as the Administrative

Coordinator. Over the past 17 years, Nikki has worked in some of the finest treatment centers in the country. She has held a variety of positions in the field of Addiction Recovery including primary counselor, family counselor, program manager, director of marketing, and director of admissions. With more than 18 years of personal recovery, Nikki offers our clients a gentle spiritual approach to recovery. Case Managers, **Suzie Nelson CAS** and **Sandy King CEDS,CATS**, both eating disorder specialists guide our clients through the recovery process, while **Shiromi Geffrey, MSRD**, serves as the dietitian providing individual meal planning to promote intuitive eating.



This February, Sober Living By The Sea was excited to host the Mid-Winter Workshop for International Association of Eating Disorders Professional (IAEDP) Foundation. Hosting this workshop allowed a number of key eating disorder professionals the opportunity to meet our staff and learn about **The Victorian of Newport Beach**.

For a complete description of this very unique program, tour our web site at <http://www.eatingdisordertreatment.com> As one recent graduate, Kimberly J. wrote, "I came here thinking that maybe I would be able to stop purging, if I were lucky. Instead I leave here with incredible life skills that help me to honestly face my character defects and be the best woman I can be. One day at a time!"



Sober Living by the Sea...Then and Now

Tune in to Larry King Live, Dr. Phil, and Oprah or peruse the headlines of The Globe, The Enquirer, The Star...such are the resources that most Americans might use to learn about a drug and alcohol treatment center. When a celebrity's life takes a destructive course as a result of substance abuse most Americans learn about it and learn about certain treatment centers. Based on these headlines, in 2004 Forbes.com studied the "Top Ten Most Luxurious Place to Dry Out" and not surprisingly Sober Living By The Sea was included in this very select list.

But luxury was not what was on the mind of Carl and Barbara Mosen in June 1986, when they made the decision to open an after care facility to assist alcoholics transition from the First Step House of Orange County (Charlie Street). Subscribing to the philosophy of the 12-Step Program, Carl and Barbara promoted the basics tenets of Alcoholics Anonymous and taught recovering alcoholics how to survive in the real world, and not just any real world, but that of Newport Beach, CA. Carl and Barbara were determined not to be sidetracked by the skeptics. They welcomed the clients into their own home, took the clients shopping, and drove the clients to work and AA meetings. The basic premise was if an alcoholic could get sober and stay sober in naturally beautiful surroundings, then could stay sober anywhere.

The city of Newport Beach was incorporated in 1906 with only 206 citizens. In 1905 rapid transit served to bring camping families to the beautiful waterfront, and small hotels and beach cottages sprang up to cater to the emerging tourist industry. Newport Beach became a summer resort for Southern Californians to frequent. After WWII, more people settled in Newport Beach as full time residents; however, now with a population 70,000,

Newport Beach is still known for its beautiful harbor, beautiful beaches, beautiful homes, and beautiful people celebrating and vacationing.

With a vision to teach people that recovery from chemical dependency is possible and that it can be effectively treated in a variety of settings, Carl and Barbara chose Newport Beach and designed a treatment model that is considered somewhat unusual—the clients live in homes located on or just off the beach, with a house parent. The usual means of transportation is a 'beach cruiser', a.k.a. bicycle. The day starts at 5:30am and concludes at 10:00pm. Each day is filled with meditation, group meetings, therapy, local AA meetings, exercise and working the steps. This is a sober community within a vibrant community! Even today, parents and practitioners sometime cringe at the idea of treatment without walls, gates, and bars on every window; even though research has shown that confined inpatient treatment can be like throwing a baby who doesn't know how to swim into the ocean and expecting him or her to survive. As one employee says, "Sober Living's philosophy is to teach the clients how to swim, show them where the life preservers are if they are ever in trouble, and make them responsible."



Barbara and Carl Mosen, Sober Living by the Sea Founders

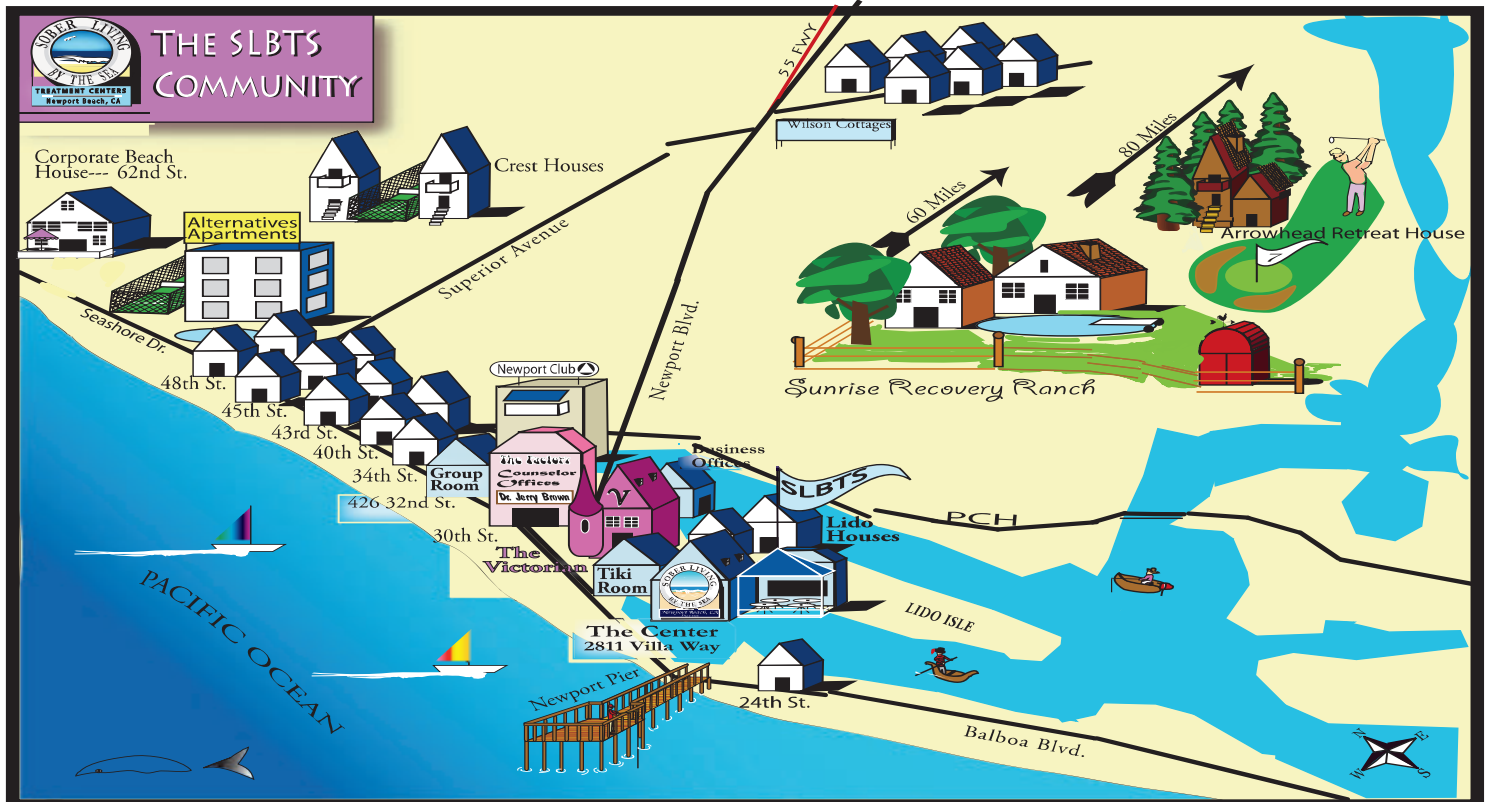
In June 2006, Sober Living By The Sea will mark 20 years as a treatment center. Now eighty employees are guided by Bill Swiney, Executive Director, who came to Sober Living By The Sea in 1994. Bill remarks that "What has allowed Sober Living to grow and survive the storms both in the treatment industry, and in treating clients, is the passion for helping people get sober and stay sober."



SLBTS Staff December 2004

An original dream, many innovative programs designed to meet the needs of those suffering from both substance abuse and coexisting psychiatric disorders, and a highly skilled professional staff, Sober Living By The Sea is about "living," not just surviving by the seashore. As the city of Newport Beach prepares to celebrate 100 years based on the foresight of 206 citizens, Sober Living By The Sea now capable of housing and treating 206 clients will prepare to celebrate 20 years, based on the foresight of one special couple, Carl and Barbara Mosen.

"Set the Course and Keep on Tacking!"





Weekly Planner.....

To print the current SLBTS Month at Glance Calendar go to www.soberliving.com/alumni and click Monthly Event Calendar

Monday	<p><i>Sunrise Recovery Ranch Alumni Meeting:</i> Monday 7-8:30pm at Sunrise Recovery Ranch, Riverside, CA. Dinner provided from 6:30-7:00 with an RSVP</p> <p><i>Open Meeting for Overeaters Anonymous (OA):</i> Monday 7:30-8:30pm at Victorian House, Newport Beach, CA</p>
Wednesday	<p><i>Sunrise Recovery Ranch Alumni Meeting:</i> Every 1st and 3rd Wednesday 6:30-7:30pm at SLBTS Center. Dinner is served at 6:00pm</p> <p><i>Caduceus AA Meeting:</i> Every Wednesday 7:30-8:30pm at SLBTS's Corporate Beach House</p> <p><i>St. Louis, MO SLBTS Wednesday Support Group Meeting:</i> Every Wednesday 6:00-7:30pm at SLBTS's St. Louis Office, call 314-909-0125</p>
Thursday	<p><i>Sober Living by the Sea Alumni Meeting:</i> Every Thursday 7:00-8:00pm at SLBTS Center Patio</p> <p><i>Betty Ford Center Open Alumni Meeting:</i> Every Thursday 7:00-8:30pm at SLBTS's Corporate Beach House</p>
Friday	<p><i>Treatment Providers Networking Luncheon:</i> Third Friday of each month 11:00am-1:30pm at the SLBTS's Corporate Beach House</p>
Saturday	<p><i>Open Meeting for Eating Disorder Anonymous (EDA):</i> Every Saturday 7:00-8:00pm at Victorian House, Newport Beach, CA</p>
Sunday	<p><i>Sober Living by the Sea Alumni Sailing:</i> Third Sunday of each month Noon-4:00pm (weather permitting). Sail aboard a 42 foot Catalina. Call 1-800-647-0042 for reservations.</p>

Sober Living by the Sea Announces New 30 Day Women's Program

Sober Living By The Sea is very excited to launch a new 30 Day Women's Program. The addition of this program to Sober Living By The Sea's treatment facilities has been in the works for sometime; however, this year the decision was made to move forward given the need for such a facility for adult women. The beachfront home has been chosen, upgrades have been completed to make this a self-contained environment for clients and staff, the state licensing has been obtained, and final selection of a Clinical Director and case managers is concluding.

According to the National Institute on Drug Abuse (NIDA), "Addiction to drugs is a serious, chronic, and relapsing health problem for both women and men of all ages and backgrounds. Among women, however, drug abuse may present different challenges to health, may progress differently, and may require different treatment approaches." The Sober Living By The Sea Clinical Team has had the same observations regarding women with addictions; however, ensuring proper development of just such a special program required careful focus on the client's needs and ultimate goals. Again, NIDA points out that: "Research shows that women receive the most benefit from drug treatment programs that provide comprehensive services for meeting their basic needs."

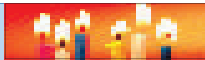
Sober Living By The Sea's Executive Director, Bill Swiney, is confident that the new 30 Days Women's Program will offer women a treatment program incorporating the special needs as outlined by NIDA (<http://www.nida.nih.gov/Infobox/treatwomen.html>) and recognized by our clinical team. As Bill Swiney looks forward he offers, "to provide for women what we have offered men for the past four years at Sunrise Recovery Ranch coupled with additional services specifically designed to meet women's special needs will be our mission. We intend to go an extra mile for the women entering this program and assist them in transitioning into our traditional extended care treatment program after 30 days."

For more information about this new program call 1-800-647-0042.



ALUMNI MILESTONES

Birthdays



Barbara S.	August 2004	3 Years
Debbie D.	August 2004	4 Years
Elizabeth P.	October 2004	4 Years
Kathleen G.	October 2004	3 Years
Karen S.	October 2004	3 Years
Tom O.	October 2004	1 Year
Alyson T.	November 2004	1 Year
Michael B.	November 2004	1 Year
Sandy C.	November 2004	5 Years
Thomas O.	November 2004	1 Year
Karl F.	December 2004	1 Year
Melanie G.	December 2004	9 Years
Alan S.	December 2004	1 Year
Keith M.	December 2004	11 Years

Deborah K.	December 2004	7 Years
John C.	December 2004	2 Years
Karla M.	December 2004	2 Years
Joe T.	December 2004	4 Years
Joe H.	January 2005	2 Years
Chad T.	January 2005	1 Year
Michael M.	January 2005	3 Years
Ron F.	January 2005	1 Year
Ruble A.	January 2005	1 Year
Elizabeth R.	January 2005	4 Years
Mark T.	January 2005	5 Years
Jan Dee A.	February 2005	6 Years
Travis W.	February 2005	1 Year
Gordon Y.	February 2005	6 Years

Weddings

Jeremy W. married Heather May 2004
Tenya Greatti married Nick Donohue October 2, 2004



Births

Ryan G. welcomed a daughter, Elizabeth Mary, June 2004
Bhavani P. welcomed a daughter, Zoe Alison, September 24, 2004
Beth Phillips-Wright welcomed a daughter, Althea, October 18, 2004
Jeff Y. welcomed a son, February 2, 2005
Peter and Tammy M. welcomed a son, Ian, on February 1, 2005

Passings

Eileen S. passed away August 2003
Gerry R. passed away August 15, 2004
Geoff R. passed away October 1, 2004
Brent H. passed away November 2004
Blair C. passed away November 2004
Patrice P. passed away December 12, 2004
Suzanne S. passed away December 20, 2004





Let's Stay In Touch

The Sober Living by the Sea Staff would like to stay in touch with you.
If you have moved or are planning a move, please complete this form and return it to us at:

2811 Villa Way Newport Beach, CA 92663

Or e-mail information to newsletter@soberliving.com

Name: _____

Address: _____

City: _____ ST: _____ Zip: _____ Telephone: _____

E-mail: _____



Alumni Contest

Sober Living by the Sea considers the alumni our most valuable and precious asset. Our 2005 goal will be to update and fine-tune our alumni database. For those of you, who hear from our *Alumni Coordinator*, please tell us the name of this employee and have a chance to win a free weekend at the Balboa Bay Club. Complete this form and return it to:

SLBTS Alumni Contest 2811 Villa Way Newport Beach, CA 92663

Employee's Name: _____

Your Name: _____

Address: _____

City: _____ ST: _____ Zip: _____ Telephone: _____

E-mail: _____



"LifeLines"

Books and More for You

Order a copy of SLBTS staff's published works for your family or friends!

"Gifts of Sobriety" by Barbara S. Cole, Ph.D....\$15.00X

"Losing the Battle, Winning the War; A Spiritual Approach to Eating Disorders" by Barbara S. Cole, Ph.D.....\$15.00X

"Militant Parenting" by Jerry Brown, Ph.D.....\$15.00X

"Prisoner of Woodstock" by Dallas Taylor.....\$15.00X

"The Disease Model of Addiction" by Kevin McCauley, MD CD or Cassette.....\$20.00X

Total Payment (Includes Shipping and Handling).....

Name: _____

Address: _____ City: _____

ST: _____ ZIP: _____ Telephone: _____

E-Mail: _____

Make check payable to SLBTS. Please send payment along with this form to:

Sober Living by the Sea—Attn: Book Orders

2811 Villa Way Newport Beach, CA 92663



The R.E.A.C.H Foundation



- The mission of the R.E.A.C.H. Foundation is to provide funding to underprivileged substance addicted individuals for treatment and education. The R.E.A.C.H. Foundation needs your help. <http://www.the-reach-foundation.com>

- May we count on you to give a hand by sending your tax deductible contribution of:

\$5000 The Healing Angel

\$2500 Archangel

\$ 500 Seraph

\$ 250 Cherub

\$ 50 Gatekeeper

Donor Information:

Name: _____ Address: _____

City: _____ ST: _____ Zip: _____

Telephone: _____ E-Mail: _____

Make tax deductible check payable to The R.E.A.C.H. Foundation and send this form to: The R.E.A.C.H. Foundation 3101 Villa Way Newport Beach, CA 92663

Where our Sober Living by the Sea 2004 Clients Hailed From!!



Alabama	5	Illinois	3	Missouri	13	Oregon	6
Arizona	9	Indiana	1	Mississippi	1	Pennsylvania	3
California	109	Kansas	3	Nebraska	1	Tennessee	2
Colorado	5	Kentucky	1	New Jersey	4	Texas	17
Connecticut	3	Louisiana	1	New Mexico	2	Utah	2
Delaware	1	Mass	2	Nevada	5	Virginia	4
Florida	4	Maryland	2	New York	3	Washington	4
Georgia	3	Maine	1	Ohio	2	Wisconsin	1
Hawaii	2	Michigan	2	Oklahoma	1	Wyoming	1

Special Events Highlight Sober Living Life

Sober Living By The Sea hosts Interventionist Appreciation Weekend September 2004

After successfully hosting a conference for the Association of Intervention Specialists (AIS) in November 2003, Sober Living By The Sea (SLBTS)



renewed its commitment to the vital link that interventionist play between those in need of treatment and treatment facilities by inviting a number of leading interventionist to Newport Beach for an Appreciation Weekend. The weekend of September 23-26, 2004, provided a welcome



reception at the Balboa Bay Club, presentations by **Kevin McCauley, MD** on the "Occupational Model of Addiction Treatment" and **Paul Alexander** and **Brendan Bickley** on the UCI sponsored study of T.E.A.C.H. Treatment Model, a standing room only luncheon with Treatment Providers Networking group, and relaxing lobster clambake dinner at the Balboa Bay Club.



Saturday activities included a choice of fishing, shopping, and golfing. But most attendees concurred that the most important part of the weekend was making contacts with people in the treatment industry, learning about the programs available to clients suffering from addiction, and refreshing their outlook with new ideas in treatment.

Based on the positive feedback from both interventionists and treatment providers, an appreciation weekend will become an annual event with the next weekend tentatively planned for October 21, 2005.

T.E.A.C.H. Graduation December 2004



With finals behind them and Winter Break on the horizon, 15 Sober Living By The Sea T.E.A.C.H. clients gathered at the Newport Beach Spaghetti Factory for a graduation dinner. T.E.A.C.H. graduates were presented Certificate of Completion and warm congratulations from

Carl and Barbara Mosen, founders of Sober Living By The Sea. Also on hand to honor the students was Bill Swiney, Executive Director of Sober Living By The Sea and creator of the T.E.A.C.H. program. Special guests included Dr. Dick Wilson, Professor Emeritus Saddleback College, and Rich Goodman, Human Services Department Chair-Saddleback College.

The evening was highlighted with a slide show presentation, created by Brendan Bickley and delivered by Paul Alexander, which depicted the lighter side of the T.E.A.C.H. students and their achievements in the T.E.A.C.H. program. A number of T.E.A.C.H. students matriculated to other institutions, including Kathryn M. transferring to the Pasadena Art Center College of Design, Michaela N. and Travis W. transferring to Orange Coast College.



Sober Living By The Sea Thanksgiving 2004...

Traditionally the Thanksgiving holiday is a day to spend with family and friends. And this tradition is preserved by Sober Living By The Sea. Not unlike at home, the meal is planned, the invitations extended, and our clients gather with their friends and family to celebrate and give thanks.

The Hyatt Regency Huntington Beach Resort was our home away from home this past Thanksgiving. With a beautiful dining room looking out to the Pacific Ocean, a menu akin to Grandma's favorite recipes, and company including current clients, visiting family members, former clients, and staff Thanksgiving 2004 was comfortable and delightful.

Here are a few pictures for the family album....



"Tiki Room" Renovated and Dedicated as "Martindale Hall" February 14, 2005

From early January through late February 2005 anyone using the Sober Living By The Sea's Tiki Room might have felt they had stepped into an episode of "This Old House." From top to bottom with new flooring, wainscoting, artwork, cabinetry, paint, window treatment, and chairs, the Tiki Room has taken on a new look and feel. Staff members- **Gordon Young, Elizabeth Robertson, Beth Wright and Judy Helfand**- coordinated the project working with **Ron Cervantes, John Dopke, and Ron Finne** to complete this facelift.



The Tiki Room also has a new name-"Martindale Hall". For staff members this is a dream come true to rename the lecture hall in honor of our friend and co-worker, Cindi Martindale. As our Winter 2002 newsletter stated: "At Sober Living by the Sea her sense of humor was legendary. Those of us, who knew her well, recognized that her sense of humor was superseded only by her sense of compassion. Armed with both these tools, she was unrelenting in her support of a fellow alcoholic still suffering with this disease."

Cindi will always be remembered for founding the "Ready for Recovery Players" which presented musical and comical reviews starring our clients. With 18 years of sobriety, Cindi produced, wrote and directed such memorable shows as "CLEAN".

Cindi penned a Valentine a number of years ago where she said: "I don't count Valentines anymore or expect candy or flowers or presents. I don't think of having one special Valentine or read between the lines. Today I know you are someone I love and I thank you for being in my life. Happy Valentine's Day."

On October 27, 2001, Cindi passed away, but her star keeps shining. On February 14, 2005, the Sober Living By The Sea's staff dedicated "Martindale Hall", our permanent valentine to Cindi Martindale.

When next you visit Sober Living By The Sea, ask to visit "Martindale Hall" ...you won't be disappointed.

Sandy Clark and Elizabeth Robertson Named Employees of the Year 2004

2005 started with a surprise for two Sober Living By The Sea employees when they were honored as 2004 Employees of the Year. Sandy Clark and Elizabeth Robertson received high praise from Bill Swiney, SLBTS's Executive Director, for their hard work and consistent dedication to Sober Living by the Sea and its clients.



Elizabeth Robertson is in the Business Development Department representing both Sober Living By The Sea and the Victorian program. As a successful graduate of SLBTS, Elizabeth obtained her Certified Addiction Treatment Specialist certification through our T.E.A.C.H. program and now represents SLBTS at addiction conferences throughout the United States. Elizabeth also acts as a conduit with many interventionists and case managers from other treatment centers.



A licensed practical nurse, Sandy Clark came to work for SLBTS four and a half years ago, after successfully completing six month inpatient treatment at SLBTS. Her positions have included being a house parent for four years and serving as the Administrative Assistant to the Chief Financial Officer, which included processing courtesy insurance billing for the residents. 2004 was an important milestone for Sandy as she was promoted to the position of CFO and celebrated her fifth year of sobriety on November 3, 2004!

When Sandy talks about her recovery she sometimes shares this poem that she wrote on her first sober birthday and dedicated to her then case manager, Keith Miller. Sandy has come a long way in the past five years and she gratefully shares her successes with her children, her sister, her mother, and her dad.

AS IT WAS IN THE BEGINNING, NEVER AGAIN WILL BE.....

*The needle glides into my body, gently and slow,
Deep welcome relief, permeates my soul
Knowing its path, it easily goes
Euphoria begins, Ecstasy explodes.
It is the state of Nirvana-
I'm comfortably Numb*

*When the drugs leave my system, the terror returns,
The pain so intense, it actually burns
Physically sick, crawling to the door,
An overpowering need, I have to get more.
Grotesquely familiar, no act too low,
Justification required; for sordid places I go
Complacency gone, I'm ugly, I'm mean,
A violent demeanor I demonstrate well
No less is accepted, when visiting hell.
The cop now complete, I use once more,
Devastation overtakes me, down to the core
Tolerance increased; ending the perk,
An endless battle, the drugs just won't work.
Consequences follow, the losses I see
The pain in their eyes, all caused by me.
Lies come so easily, there's always more,
I may win the battle, but I lost the war.
The new path I've chosen, comes with hope,
Peace of mind is the goal, without using dope
The work is hard, rewards are slow,
But feelings are lasting, not soon to go.
I'll keep coming back, do what I must
To build in myself a sense of trust.
I'll know I'm okay, with peace inside,
When the yearning lessens, eventually subsides,
For the state of Nirvana, Comfortably Numb.....*

☆☆☆ Employees of the Month 2004 ☆☆☆

January	February	March	April	May	June
Sandy Clark Paul Alexander	Tenya Donohue Ron Cervantes	Suzie Nelson Elizabeth Robertson	Sean Stafford Debbie Allen	Betsy Bradley Ron Salcido	Randy Kerr Paul Habermacher
July	August	September	October	November	December
Elizabeth Robertson John Davis	Larry Partee Jen Fasulo	Gordon Young Elizabeth Robertson	Sandy King Terry Baldwin	Jerry Holk Johnny Orlando	David Hickman John Mallett



The Ocean View from the SLBTS Corporate Beach House...



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