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Welcome to the August issue of the Walden House Journal

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In Other News

The new programs highlighted in this edition create hundreds of new opportunities for people in need of substance abuse and mental health treatment, and re-entry programs

Message from the CEO

This edition of the Journal focuses on our success in retaining our contract to administer substance abuse services for parolees in the Greater Los Angeles Area, the new 'Bridges' program to treat seriously mentally ill parolees in San Francisco, and the addition of 'Sisters', a 47 bed program for women in Orange County. These are all great 'wins' for Walden House in our continuing 40 year journey of 'Giving Hope and Changing Lives'.



You also know that this has been a difficult funding year for non-profits due to a late state budget that contains reductions in many human services areas. For this reason I ask you to go to our home page on www.waldenhouse.org and learn how you can attend a 'See the Hope' event and add your personal support to our mission.

Finally, this is indeed our 40th Anniversary year, and we hope you will join us in celebrating it. For information on attending, please contact Joni Rocks at (415) 970-7528, or email jrocks@waldenhouse.org. It's been 40 years of providing a chance at a new and healthy life for thousands of Walden House participants. Its meant recovery, health, jobs, housing, family, friends and a new sense of purpose to those who joined our mission. We are proud of them. We are proud of us. Join us if you can.

NEW "MAKE IT RIGHT" PROGRAM

Walden House continues our partnership with the San Francisco Sheriff's Department, and the 5 Keys Charter School by being awarded a new contract to provide restorative justice programming to San Francisco County Jail inmates who are in the 5 Keys Charter School program.

Walden House has a 15 year positive relationship with the Sheriff's Department since opening our very first "in-custody" program in the women's jail in 1994. We currently have 2 programs inside the County Jail, and a great relationship with the 5 Keys Charter School, which provides GED preparation and regular accredited high school classes at 2 of our community sites in San Francisco.

We want to thank Sheriff Hennessey, Chief Al Waters, and 5 Key Executive Director Steve Good for this positive collaborative effort. This partnership allows for a unique system of care for Walden House clients. Now, when clients exit the in-custody programs, and enter into community treatment,

providing job skills training, education, and housing. However, our funding for these programs does not cover start up costs. Additionally, it is a goal of the Walden House Board of Directors and Executive Team to improve the pay and benefits of our truly dedicated and deserving staff. If you'd like to join Walden House- to be part of a place where the miracle of change happens every day- click on the link below and you can learn about the many ways to help us. Or if you'd like to speak with someone about giving- whether it is a financial donation, an in-kind donation, or to volunteer, call Ramiro Maldonado in our Development Department at (415) 790-7540. Many thanks.

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we can now meet urgent educational needs on-site.

Walden House Awarded Region III Substance Abuse Services Coordination Agency (SASCA) Contract

It is with pride and enthusiasm that we announce Walden House as the recipient of the Region III Substance Abuse Services Coordination Agency (SASCA) award. This is a two-year contract from the California Department of Corrections and Rehabilitation (CDCR) with three additional one-year options for a total of five years. Walden House has had the privilege of serving as the Region III SASCA since the project's inception in 1998.



The CDCR currently provides treatment services to over 10,000 inmates within prison-based Substance Abuse Programs (SAPs) throughout the State of California. These participants are given the opportunity to continue their treatment episode after discharge from the institution through services funded by the SASCA. This process offers a seamless transition from the institution into a Community Based Program (CBP). The CDCR contracts with four regional SASCAs, one for each of the four Parole Regions, to purchase, deliver and administer community care services to SAP graduates. Walden House is the SASCA for Region III (Los Angeles) and, as such, receives the highest percentage (over 30%) of parolees, serving over 6,000 participants annually. SASCA functions include transportation directly from the prison to the CBP, case management of each participant and subcontracting with and funding a network of over 150 treatment modalities including licensed residential providers, outpatient services, and Sober Living Environments.

The SAP/SASCA system has proven to be a successful reentry model for the target population. According to CDCR, from 2004-2008, male SAP graduates attending an average of 90 days of aftercare in the community had a 16% Return to Custody (RTC) rate after one year compared to a 39% RTC for those with no aftercare. Women completing 90 days of aftercare had a 10% RTC rate after one year compared to 27% for those not completing an aftercare program. Not only do these results show that aftercare following participation in a SAP is effective in reducing recidivism, the dollar savings in crime and social service reduction is a compelling and extraordinary benefit to the community. Walden House will continue to work closely with the CDCR to offer expanded opportunities and a new start in life to those in need.

BRIDGES PROGRAM

Walden House is pleased to announce the launch of our new Bridges Project located at our Intake facility in the Mission District of San Francisco. This program will start this month with 5 staff serving 25 clients, and hopefully ramp up to 12 staff serving 45 clients in the next couple of months.

Further deepening our relationships with Community Behavioral Health Services and Parole, the program provides intensive case management, skills training, advocacy and recovery support to parolees managing significant reentry challenges including mental illness, addiction, homelessness, poverty, institutionalized patterns of behavior, and poor social support. The program services are designed to help clients avoid the need for emergency services, to avoid



re-incarceration, to meet basic survival needs, to create and maintain a foundation for wellness and recovery, and to improve their quality of life.

Services provide daily structure and support as clients attend groups and seminars five days a week, as well as take part in recreational/socialization activities, eat breakfast and lunch at the program, and participate in opportunities to mentor other clients. In this way, clients will be encouraged to utilize services such as a Rehabilitation Day Treatment model with intensive case management services.

Informed by the key recovery concepts of hope, personal responsibility, education, self advocacy, and support, the Bridges program seeks to create opportunities for wellness and positive change. Bridges staff will be working hard on our relationships with our clients because we believe that despite any mandate for their participation, it is the strength of our relationships that will keep them coming back.

Walden House Orange County Sisters Program

Walden House is excited to introduce our most recent addition! We opened yet another all-female residential treatment facility last month, this time in Orange County. We named it in homage to our very first all-woman's program, the SISTERS Project, our 1994 program in the San Francisco County Jail. We're pleased to let everyone know that the 47 bed program is fully operational. We're excited about helping change these women's lives by providing each of them with the tools they need to successfully return to community life.



The program provides participants with gender specific groups as well as on-going psycho-educational services. Program services include:

- Assessment and treatment planning
- Group and individual counseling
- Relapse prevention
- Vocational/Employment services
- Cognitive behavioral therapy
- 12-step support

We celebrated our Open House on July 30th, with the amazing support of the Hill Street and Inglewood teams. And special thanks to Wayne Garcia and Richard Jimenez for coming down from San Francisco to join us! All participants recently enjoyed a Sisters Spa Night, and are looking forward to Children's Appreciation Day. Go Sisters!

WALDEN HOUSE IN THE COMMUNITY

Walden House Staffer Gavin Oneill recalls, "When I was a client at Walden House, I remember going to an AIDS vigil at City Hall, and being so incredibly moved and affected by the sea of candles coming down Grove Street, and the sense that I really did belong to the human race, something I hadn't felt in a very long time. We strive to get our clients, too long isolated in their own thoughts and problems, out into the community to get involved with the amazing society of people we have in San Francisco and Los Angeles."



On the beautiful morning of July 19th, 240 Walden House clients, staff and family members gathered in Golden Gate Park to participate in the 2009 SF AIDS Walk. Decked out in Walden House caps and t-shirts, the group walked the 6.2 mile route with over 25,000 other people demonstrating their commitment to the fight against HIV/AIDS. Walden House was one of the largest and most represented groups there. The Walden House team raised over \$3,500 and had a great time doing it!

Mayor Newsom's 4th Annual Stadium to Stadium 10K Run

Walden House also participated in Mayor Newsom's 4th Annual Stadium to Stadium 10K Run from AT&T Park to Candlestick Park, promoting the Bayview/Hunters Point community. We had 14 runners, clients and staff, and Walden House finished in 7th place out of 19 teams. We even beat the Mayor's team!



Walden House had 60 client volunteers that assisted with traffic control at 23 intersections from Evans Ave to Carroll Street. The run ended with a Health and Fitness Fair at Candlestick, where Walden House sponsored a lively booth promoting the great community health services we provide. Go Team Walden House!

WALDEN HOUSE CELEBRATES 40TH ANNIVERSARY

On September 15th at the Palace of Fine Arts, Walden House will celebrate 40 amazing years since opening its doors in the Haight/Ashbury in 1969. We are planning a blow out Celebration of Achievement, honoring our recent graduates and looking back on 40 years of giving hope and changing lives.

The event will feature historical photo exhibits, a buffet, alumni speakers from the last 4 decades, community awards, great live music, and a chance to honor the many Walden House graduates who are out in the community helping others to achieve their dreams. Senator Mark Leno will address the graduating class and Former Mayor Willie Brown will recall some great Walden House moments.

For information on attending, please contact Joni Rocks at (415) 970-7528, or email jrocks@waldenhouse.org.

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