



CRAWFORD HOUSE

Halfway House for Women

From the Executive Director

We have all read and many have experienced the gains American women have made in closing the gender gap in our society. The percentage of women who are officers and managers of corporations, physicians, partners in law firms, business owners and successes in the world of public affairs has grown as the years have gone by. Ironically, women in America are closing a darker gender gap as well and one which few discuss or even realize.

"To be successful, treatment programs should address women's physical, mental, and social needs. This includes offering services for women in a supportive, nonjudgmental manner."

Women Under the Influence
National Center on Addiction
and Substance Abuse (CASA)
at Columbia University, 2005

Women increasingly abuse substances at rates approaching those of their male counterparts. It has been found that women who now smoke, abuse alcohol or use drugs get intoxicated faster, become addicted quicker and develop abuse-related diseases quicker than men.

What is "moderate" drinking for a man spells big trouble for a woman. Women become intoxicated after drinking roughly half as much as men consume and suffer more quickly the long term effects of alcohol abuse. The fact is that studies support the premise that women metabolize alcohol differently, leading to a far more rapid decline into addiction and the physical diseases associated with addiction. Statistically, female alcoholics are twice as likely as their male counterparts to die of the disease of alcoholism and a greater percentage of alcoholic women die from alcohol-related accidents, violence and suicide.

programs are more likely than men to have mental health problems, to be victims of physical or sexual abuse and to exist under economically fragile circumstances.

Some thirty years ago, Crawford House attempted to design a program that responded to what was understood as the unique needs of women caught in the web of addiction. As insight within the treatment community has increased, the Crawford House program has responded by incorporating this improved understanding into its approach. Over the decades, Crawford House has assisted over 1,100 women regain their health, reconnect with their families and return to their communities to be productive and happy individuals. True "recovery" actually leads to the fostering of a powerful wisdom in our graduates about all aspects of their lives since; after all, their addictions affected all those aspects as well. Through a safe and nurturing environment, women learn at Crawford House to trust and be trusted. Women come to acknowledge worthwhile and realistic goals but also learn the daily tasks that make for a normal and independent life. Health needs are recognized and addressed because recovery depends upon a global understanding of the disease.

When we think of all the gains that women enjoy in our society, the less noticed gender gap caused by the diseases of addiction should be a part of our thoughts as well. Diseases of addiction are particularly devastating to the women in our society. Programs which recognize the unique impact upon women and address the many facets of the program are critical. At Crawford House we continue to learn and grow in terms of our understanding and commitment to obliterating this darker gender gap.



Linda M. Leyhane

Crawford House, Inc.

Crawford House was established in 1978 to provide residential treatment to women from New Jersey who are in early recovery from alcohol and drug addiction. Based on the 12-step recovery model of Alcoholics Anonymous, the program is designed to facilitate physical, emotional and spiritual healing in a safe and mutually supportive community.

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Relationship with the Surroundin

There are many community groups that support the Crawford House program and residents with helpful projects throughout the year. Current and recent collaborations have involved sharing food, celebration and the joys of gardening.

The Montgomery Woman's Club, a consistent friend, has once again given of their time and energy to the residents by preparing a spring dinner and joining the residents in an informal celebration of recovery. This March event follows the joyful dinner and Christmas sing-along that the Woman's Club shared with the residents in December.

As we move into spring, the Girl Scouts of Troup 624 (seventh and eighth grade girls at Montgomery Upper Middle School) are planning a Silver Award Project at Crawford

House. Their Project is really two different initiatives one indoors and one outdoors—inside, the Troop will be redecorating the waiting room—bringing greater comfort and convenience to waiting guests. For the outdoor project, they have chosen to



The shovels are ready and waiting at the Crawford House garden and the seeds and plantings are on their way anticipating the efforts of Girl Scout Troop 624.

Board of Trustee News

Welcome New Members

Welcome to new Board members Robert Hebestreit, Eileen Miller, Suzanne Ochse and welcome back to returning Board member, David K. Cully.

Robert Hebestreit, Assistant Vice President and Regional Manager at Amboy National Bank and resident of Green Brook, NJ, joined the Board in July 2005. A supporter of Crawford House for the past five years, Rob is active in local civic organizations such as the Montgomery/Rocky Hill Rotary and several Chambers of Commerce. Rob brings to the Board a commitment to social responsibility as well as his experience and relationships with local businesses.

Eileen Miller, a resident of Hillsborough and educational consultant with the NJ Department of Education, joined the Board in June of 2005. A former manager at AT&T and past Board member of the American Red Cross, Eileen brings an expertise in publicity and non-profit communications as well as dedication to the Crawford House mission.

Suzanne Ochse, a Director in NJ Department of Education and resident of Hillsborough joined the Board in November of 2004. Suzanne has been a supporter of Crawford House for a number of years and has extensive professional experience in planning, public policy implementation and social services. Suzanne's perspective on issues and planning skills are welcomed assets to the Board.

David K. Cully, of Princeton Junction, CEO, Blue Tulip, and friend of Crawford House has returned to serve on the Board after a two-year absence. We welcome David's return and are grateful to have his energy, business expertise and commitment to Crawford House back in the Board room.

lead the effort of this year's summer garden. An assortment of summer and fall vegetables started from seeds will be planted during spring and early summer. The Girl Scouts will work with Crawford House residents to prepare the garden beds, plant and maintain the garden and possibly even help pick the vegetables at summer's end. All benefit from the joys and challenges of the garden project with the harvest contributing to the Crawford House kitchen and enhancing the resident meals.



Crawford House in early spring 2006.

Volunteers!

To learn more about volunteer opportunities call Jane Saltz at (908) 874-5153

A GRADUATE WRITES

"I want to thank you so much for accepting me into the Crawford House program. I am so thankful that there was a program, which was willing to help me. I had tried to get myself into a place prior but I didn't meet the criteria. It seemed that my case was too bad or I had too many issues to be accepted. I felt like I was one of those lost cases that you read about in the paper. When I got arrested the last time, my lawyer had asked me, while I was waiting to be sentenced, if I wanted to die. I remember having to think first before I answered him. I really wasn't sure if I was worth it. I didn't know how God was going to clean up the mess I had made out of my life. It was simple, first step was just going to be Crawford House.

It turned out, I was the mess and I was off track. I just didn't know what to do to help myself. I couldn't escape my old way of thinking. I knew unless I changed I was going to continue to lead a miserable life that would end in death or prison. I hung onto the hope that God would bring me through. While I was there I learned to value my life again and I learned to value other people's lives. I learned things that I will use for the rest of my life. These changes will affect my family and all the relationships that I choose to have.

I am not the same person that I was when I first came in. When I decided to make the most out of being there that was when I got the most. Being there really gave me a safe ground to walk on to practice the spiritual principles that are essential to this new way of life that I learned to love and embrace. I love my life, I see the possibilities are endless and my future is bright.

I am very grateful today and as time is going by, I am becoming more grateful. I see and understand more as time passes how much I really needed this program. Thank you very much, God bless you all.

December 2005

Crawford House welcomed Helen Raytek, Psy.D., LCADC as the new Program Director in March 2006. Most recently Helen worked in private practice in Phillipsburg doing individual and family therapy. When asked what brought her to Crawford House, Helen said, "I want to help women overcome addiction and look forward to being a part of the enthusiastic treatment team. I am also impressed with the hardworking clients, beautiful facility, and the broad community support."

In November, 2005, Crawford House welcomed Jayne Cavanaugh, LADC, ICADC, LCS, as Primary Counselor. According to Jayne, the best part of her job is "Seeing the clients grow emotionally, and learn about themselves." Jayne has had a comprehensive career in social services and has worked in almost every facet of addictions services since 1983. Most recently, she was a therapist for three years at a group home for teenagers in Williamstown, Gloucester County, NJ.

Deborah Prewitt, Counselor and Intake Coordinator completed the education and training requirements and is now a Certified Alcohol and Drug Counselor (CADC). Congratulations to Deb whose dedication and commitment to helping women in recovery has been an inspiration to Crawford House staff and residents alike for over five years.

Claire Noon joined the staff as Development Director. Claire is an experienced project manager with a background in marketing communications. With over 20 years experience in the corporate and non-profit sectors Claire brings energy and initiative to the work of resource development.

Volunteers' Corner

The many hands at Crawford House

Behind the scenes there are many enthusiastic and generous volunteers that help throughout the year - this column highlights the contributions of one of our talented volunteers.

Recently we reinitiated the Crawford House tradition of thanking each donor with a hand written note. But with so many generous donors to thank with hand written notes, how will we get all of those cards written? Enter Joan Giordano. Joan has for years been a dedicated and remarkably diligent Crawford House volunteer who does just this – elegantly hand writes our thank you notes to donors. She also helps with mailings – stamping, sealing, collating and organizing so quickly and efficiently all you will witness is a flash of hands, smiling blue eyes and neatly stacked envelopes when she is done. No job is too big or too small. In addition to volunteering at Crawford House, Joan volunteers at the Montgomery Center for the Arts and corresponds with home bound people, sending them cheer and caring. “I have compassion for the under privileged and the homebound” she says. Trim, well dressed and energetic, she proudly reveals her age and says that it is important to stay busy. Joan is enthusiastic about helping and has a can-do spirit that sparkles. We are grateful for Joan’s years of reliable hard work.

Mark Your Calendar

Fourth Annual “One Mile at a Time’ Walk

Sunday, June 4, 2006

Cherry Valley Country Club • Skillman, NJ

Join us – Registration opens at 8:00AM and the Walk begins at 9:00AM. Come early and enjoy breakfast and guided warm-up stretches. The three-mile walk begins at the Tennis Club and will take us around the adjacent community to return to the Tennis Club to enjoy refreshments and entertainment.

“One Mile at a Time” is Crawford House’s annual spring event to raise funds and promote awareness to help break the cycle of addiction. Form a team or walk as an individual or family! Sponsorship opportunities are still available. Contact Claire Noon at 908-874-5153 or cnoon@crowfordhouse.org.

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