



CRAWFORD HOUSE

Halfway House for Women

From the Executive Director

On October 19, 2006, the fourth annual Crawford House gala was held at the Grounds for Sculpture in Hamilton Township. Charles Metcalf and John Brown were honored for their past and ongoing commitment to the success of Crawford House. But the evening also marked another celebration. Like a birthday party, this year's gala celebrated the reality and hope of new lives in sobriety. We know that drug and alcohol addiction robs one of possessions, employment, family and oneself. Helpless and hopeless, the alcoholic or addict cannot experience much less imagine a life free of such demons.

The stories of our residents, those who have completed the program as well as those currently residing at Crawford House are truly a celebration of the hard work, commitment and sheer faith that has transformed the helpless and hopeless into productive, caring citizens. With sobriety, there is a new birthday celebration for a

new life. The possessions once lost begin to return. The unemployable become good and trusted employees. The family, once thought lost forever, begins to trust and love again. More importantly, our graduates get introduced to this brand new person who just may be exactly what she was supposed to be before the demons came. I wish all of our residents, past, present and future such a birthday celebration.



Linda M. Leyhane

*Linda M. Leyhane
Executive Director*

Camping the Crawford House Way

By Melinda H., Crawford House Resident

"I hope you brought your camping gear, we are leaving Friday morning" was one of the first things that was said to me upon arrival at the Crawford House. I was struck with panic, anxiety and fear. I was to be thrown into the woods with twenty other women that I didn't even know? How was that going to work out? Would we all get along? My tummy was full of butterflies.

Friday morning came and twenty women, myself and three counselors, piled half of the House, then ourselves into three vans. We took the

short drive to the camp grounds and unpacked. We set up our tents and picked buddies. This weekend was to bring us together. We had a jam packed itinerary: kick ball, a scavenger hunt and hikes. We sat around the camp fire, ate smores and bonded. We sang in the tents at night, went on beautiful nature walks and put on skits.

A weekend that started out with panic and anxiety ended with serenity, joy and new found friendships. We, the women of the Crawford House, will be for-

ever grateful to the counselors for giving up their time and energy to make this weekend successful, fun filled and unforgettable. It will be a weekend we will all never forget.



Crawford House, Inc.

Crawford House was established in 1978 to provide residential treatment to women who are in early recovery from alcohol and drug addiction. Based on the twelve-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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Staff News

In July 2006 Crawford House welcomed Tiffany L. Elliot-Smith, to the position of Case Manager. Prior to joining Crawford House, Tiffany was a counselor at Strathmore Treatment Associates an addictions treatment center in Irvington, NJ. Tiffany has 10 years of experience in mental health and substance abuse treatment services and has developed the skills and knowledge needed to help residents find solutions and resolve the complex issues unique to each situation.

Board of Trustees News

Please join us in welcoming new Board member, Cecilia Wyand. A resident of Yardley, Pennsylvania and Director of Project Management and Cost Improvement for Johnson & Johnson Consumer and Personal Products Companies, Cecilia joined the Board in May of 2006. Cecilia brings to the Board problem solving and leadership skills, a commitment to social responsibility, and dedication to the Crawford House mission.

Good Neighbors Make Good Fences

Robert Frost may have said “good fences make good neighbors” but at Crawford House we know that it is also true that “good neighbors make- or at least paint - good fences”. This past August volunteers from our very good neighbor, Johnson & Johnson Consumer Products Division gave us the wonderful gift of painting the white wooden picket fence that encloses the yard and garden area around the “office” building, the original farmhouse and Crawford House residence. Crawford House was contacted by Jeffrey Caravella of the Operations Finance Department, of J&J’s Consumer Products Division, who was looking for a team building initiative that would allow his department to provide value within the surrounding community. What better team building effort than fence painting? The fence was in need of a new coat of paint and Jeff’s call came at just the right time. Seventeen volunteers participated in the project – doing the prepping, painting and cleanup. The day was fun and the resulting revitalized fence gleams bright white - beautiful neighborly gift of time and effort and a cheerful welcome to visitors and new residents and all who pass by.



The entire team of seventeen volunteers from the Operations Finance Department of Johnson and Johnson Consumer Products Divisions standing in front of their handiwork - the newly painted Crawford House fence.

Humanitarian of the Year Award Dinner Honors John Brown and Chuck Metcalf

This year's Humanitarian of the Year Award Dinner took place on October 19, 2006 at the Grounds for Sculpture in Hamilton, NJ. Attended by 150 guests, the evening was fun, delicious, inspiring, beautiful and financially successful. John Brown and Chuck Metcalf, both Crawford House Board members and long term supporters of Crawford House were jointly honored. John Graf, the guest speaker and President of the Somerset County United Way gave an inspiring pre-dinner talk. John's words were personal yet stirring and pointed to the importance of philanthropic action in everyone's life. The evening was genuinely enjoyed by all

who attended. Visually the event was stunning with an autumn color theme and marvelous table center pieces designed and created by Crawford House volunteer, Stephanie Wedeking. The silent auction, no more than a dozen items, included golf and vacation packages, art and jewelry, groupings of valuable gift certificates, an impressive cut crystal bowl and more. Main Street Catering served a truly delicious menu. But all the dazzling aspects of the evening were surpassed by the moving words of Sue, a Crawford House Alumna, who introduced the two honorees by telling how their contributions and support helped her on the path of

recovery. "You see before you a confident, strong, sober, woman. I was not always this way. But I was fortunate to be able to benefit from the good works of both John and Chuck". This personal statement continued as Sue told her story and related the benefits she received through the charitable actions of John and Chuck. Sue's talk was that moment in the evening when one's consciousness shifts – bringing us back to why were gathering and what we were celebrating - a life reclaimed – and our mutual commitment to making that possibility available for others.

Slave to My Addiction

No where to run no where to hide
So much pain the pain inside
I'm a slave to my addiction
Filled with regret filled with sorrow
Living day by day but dreading each tomorrow
I'm a slave to my addiction
It owns my body it owns my soul
Doing things unmentioned doing things untold
I'm a slave to my addiction
I have to find some way to break free
Because it keeps beating at me
I'm a slave to my addiction
Many many times I have gotten free
Just to return back to the same misery
Again a slave to my addiction
The day has come with God's help I have found
The inner peace that I need inside
So that I won't be a slave to my addiction

Drawing and poem by Keatha W., Crawford House Resident



“Being at Crawford House has taught me about me and how I can deal with different situations without picking up a drug or a drink...I never thought I would be able to do this, but coming to Crawford House has changed my mind and my heart. I am very hopeful and inspired. I am thankful that I had the chance to come to Crawford House. This program has helped me save my life”.

– Diane B, Crawford House Resident.

The Crawford House program relies on your generosity and financial support to bring the benefits of recovery to indigent and homeless women throughout the state of New Jersey.

Thanks to the generosity of individuals, corporations, foundations and public funders Crawford House celebrates twenty-nine years of providing transitional housing and treatment for women in recovery from drug and alcohol dependencies.

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