

## 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.*

Published by Crawford House, Inc.

Editor

Brenda M. Zanoni

Board of Trustees

Theodore Golfinopolous, President

*TG & Associates*

John S. Brown, Vice-President

*Retired, Johnson & Johnson*

Judith E. Wist, Secretary

*Class Travel*

E. W. Phares, II, Treasurer

*West Chemical Products, Inc.*

William Wood Allen

*WoodAllen Capital Management*

Walter G. Barlow

*Research Strategies Corporation*

Susan Ann Cooper

*American List Council*

David K. Cully

*Baker and Taylor*

Robert Hebestreit

*Amboy National Bank*

Lisa Gillespie Jenkins, Esq.

*Johnson & Johnson*

Charles E. Metcalf

*Retired, Mathematica Policy Research, Inc.*

James W. Parmele

*Parmele, McDermott & Thomas*

Joseph D. Priory, Esq.

*Attorney*

Mary Ryan

*Canon Technology Solutions*

Jacqueline Simard

*Boys and Girls Club, Trenton*

Honorary Board of Trustees

The Honorable Brendan T. Byrne

Executive Director

Linda M. Leyhane

Crawford House is licensed by NJ Department of Human Services, Division of Addictive Services

Accredited by CARF

Professional Affiliations

Association of Alcoholism and Drug Addiction

Halfway Houses of New Jersey

Association of Halfway House Alcoholism

Programs of North America

Mercer Organization of Addiction Treatment &

Education Services

Providers Advisory Committee on Alcohol and

Drug Addiction of Somerset and Middlesex

Counties (PACADA)

Providers Liaison Association of New Jersey

Crawford House, Inc.

Crawford House is licensed by NJ Department of Human Services, Division

362 Sunset Road

P.O. Box 255 • Skillman, NJ 08558

Tel.: (908) 874-5153 • Fax: (908) 874-4733

E-mail: lleyhane@crawfordhouse.org

Web: www.crawfordhouse.org

Major Public Funding Provided By

• New Jersey Department of Human Services

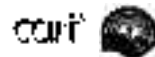
• Mercer County, Board of Chosen Freeholders

• Middlesex County, Board of Chosen Freeholders

• Somerset County, Board of Chosen

Freeholders

• Somerset County United Way



## 30th Anniversary Celebration

It was a chilly, rainy night outside but a heart warming night inside at the Cherry Valley Country Club on October 25th, as we celebrated the 30th Anniversary of Crawford House.

Linda Leyhane, Executive Director, welcomed the guests and introduced the keynote speaker Raquel Jeffers. Ms. Jeffers is the Director of the New Jersey Division of Addiction Services. She began her speech with a moment of silence for Betty Kohler, Founder of Crawford House. Mrs. Kohler passed away just two weeks ago. Ms. Jeffers read several inspirational poems and talked about the difference Crawford House makes in the lives of women from New Jersey.

The crowd of 170 people consisted of residents, staff, graduates, board members and many friends and associates of Crawford House. Entertainment was provided by Allan Tepperman. The social hour was full of laughter, hugs and important reunions.

The Blessing was given by Kristen, a current resident. After dinner, Board President, Ted Golfinopoulos, had the privilege of introducing Beth. Beth graduated from Crawford House 29 years ago and was so proud to be telling her success story to the current residents. Her story was inspirational.

A special thank you to our event chairperson, Eve Golfinopoulos, for her expertise in planning and for the countless number of hours she spent on this event.

## Camping 2008 by Amanda D.

On September 26, 2008, the Girls of Crawford House accompanied by three staff members, took a trip to the Dewitt Campground. The three days were spent there could be satisfyingly summed up in three words: "Food, Fun and Fellowship".

Home cooked meals made the inclement weather almost insignificant. There were breakfast and dinner casseroles, tender BBQ chicken and hot gooey cinnamon rolls to name a few. (Although the Smores that melted by the fireside must get an honorable mention). The girls cooked along with alternating counselors that were formed to make perfect teams.

The games and activities, though educational, contained an air of fun and were stress free. A revamped and improved version of the Trust Walk was played. This game involved being blindfolded and asked to eat a mystery food with a less than desirable texture. This gave a whole new spin on the theme of trust.

The most precious gift to come out of it all, however, were the bonds that formed. There was a sense of comradery that seems to be neglected in the hustle and bustle of everyday life in the house. There was nothing unnatural about the group's relationship as a whole, and we all left feeling closer to one another.

## Board of Trustee News

The Crawford House Board of Trustees elected Theodore Golfinopolous as its new president in January 2008. Ted has been a board member since 2006. He is a resident of Skillman and owner of TG & Associates. He has supported Crawford House's mission for many years and his commitment and passion will bring a great deal excitement to his new position.

Please join us in welcoming new Board Members Jacqueline Simard and Lisa Gillespie Jenkins and Susan Ann Cooper. Jackie was elected to the Board of Trustees in November 2007. Jackie lives in Princeton and comes to us with many years of fundraising experience. Lisa was elected to the Board of Trustees in March 2008. She is an attorney at Johnson & Johnson and lives in Belle Mead. Susan was elected to the Board of Trustees in May 2008. She works for the American List Council.

We welcome back James Parmele, a Past President of Crawford House, to our Board of Trustees. He was re-elected to the board in January 2008. Jim lives in Hopewell and is a partner at Parmele, McDermott & Thomas which is an insurance brokerage and consulting firm servicing technology, venture capital and other commercial enterprises. Jim brings a strong commitment to Crawford House.

## In Memoriam...

Betty Louise Kohler, founder of Crawford House died on October 9, 2008 at the age of 81.

Betty tragically lost her son (in an alcohol related death) in 1976 which lead her to become a leader in the alcohol treatment community. At that time she realized there was an incredible need to advocate for less fortunate women in the community. So in 1978, after much research and with support from family and friends, she opened Crawford House.

Betty had a vision to create an environment where women could feel safe and get the support of professionals in a home like setting. Betty was the director of the program until her retirement in 1992. Betty lived locally and came back to visit Crawford House from time to time. Her last visit was just prior to the ground breaking of the new building in 2003. She will be remembered as a dedicated, supportive member of the recovery community.



## Housing Initiatives of Princeton

As residents of this area, we are all aware of the costs of housing whether you rent or own your own home. Maintenance, utilities, property taxes, insurance, rental fees all add up to take a large portion of our incomes. The Housing Initiatives of Princeton was founded in 2001 to address the needs of providing transitional housing for working families and individuals in Princeton and neighboring communities. To that end, HIP accepted its first family in August of 2004 and has, since that time, been helping members of the community by providing transitional housing and individualized social services while permanent options are explored at their two family residences on Mercer Street in Princeton. In the fall of 2008, HIP accepted into its housing program an alumna of Crawford House and it is expected that two more women will join her shortly. This wonderful collaboration was the result of much discussion, exploration and the mutual vision to provide safe, affordable and comfortable place to live for an intermediate term for women striving to make a better life.

## Volunteer Corner

We want to thank the members of The Catholic Community of St. Charles Borromeo for their help with the 30<sup>th</sup> anniversary celebration.



During the ceremony, we had the option to purchase ornaments for someone we wanted to find recovery, has found recovery, or has lost their battle for recovery. I purchased a star in memory of my aunt with the intention of putting it up at the end of the ceremony. When it came time to hang the ornaments on the tree, the women were standing up, telling their stories, and thanking others for seeing the strength in them no one else has seen before. These women were praying for others to find the same strength they had found in themselves. My aunt's death has been something I was embarrassed about, and felt so much anger towards. However, after listening to these women speak, I saw an unexplainable beauty and strength in each of their stories. I found myself wishing that I could have put in the extra effort to push my loved one towards getting help. But right as I

slipped back into my thoughts of "what if," the women at the Crawford House yet again enlightened me. I know now, through the words of these women, that she needed to want to help herself, and that is something I could not have done for her.

As the recovery celebration winded down, and the tree was rededicated, I felt the anger I had towards my aunt melt away. I did not get up to speak at the ceremony, but I did put my ornament up on the tree, and finally felt the closure I needed for my aunt. I owe that feeling of closure to the Crawford House. While it may be the place where an addict goes to seek recovery, it provides a sense of comfort and hope for the families of addicts, something I have never felt before.



## From the Executive Director

In 2002, Crawford House was honored when we received the first Tree of Hope from the Middlesex County Chapter of the National Council on Alcoholism and Drug Dependence. The tree, on display during the month of September, at the Middlesex County office building, was decorated with ornaments placed in memory of individuals who lost their lives to the disease as well as those that were able to find recovery. Subsequently, the tree was planted in the yard at Crawford House.



Linda M. Leyhane, Executive Director

On September 16th of this year, the Tree of Hope was rededicated during a special ceremony that took place at Crawford House. As well as community members, many students from a class, Drugs, Culture and Society, at Rutgers were in attendance. As part of the class requirements they also had to prepare a paper on their experience visiting a treatment facility.

One of the papers, written by Erin Kennedy, was especially moving and I want to share it with you.

*"When I was seventeen years old, my aunt died of a heroin overdose. While not common, the addiction she faced is something that touches the lives of millions. Some adjectives I have heard used to describe it are "dark," "controlling," and "inescapable." Based on my experience with addiction, those are the words that paint my picture of addiction and an addict. I never knew of a happy ending, until I attended the Crawford House.*

*In class we study the effects of habitual drug use. The effects are extremely detrimental to the body and emotionally altering. For smokers, there is the risk of lung cancer, while for crystal-meth users there is the risk of losing your teeth. These are only a couple of the many physical side effects brought on by drug use. However, when I think of addiction, these images do not come to mind. What I imagine is that worn out look an addict has. The years of hard living takes a toll on the human body. While at the Crawford House I could not help but notice the wear and tear on the woman at the ceremony. Most of the recovering addicts in attendance had deep wrinkles on their faces, while others had a rougher voice brought on by years of smoking and drinking. To me, that is an addict I knew well. Someone I did not know was necessarily an addict, but someone I loss to addiction.*

*Going to the Crawford House was the ultimate form of closure I could ever find for my early encounter with addiction. These women shared similar experiences to my aunt, and shared the same physical look of hard living. I never expected to have such an emotional release after attending this ceremony. It was an emotional relief to know that people can come from where my aunt came from, look as worn and defeated as her, and not end up dead as a result of it.*



*For the longest time I hated that look that addicts have. I looked at this as a physical "scarlet letter," that their looks were a window into their addiction. However, I now realize that these people I once looked as my aunt's "using buddies" are people that are just as deserving of treatment and recovery as she was. No one is a lost cause. I found that while an addict can look a certain way, they could recover and be the mothers, daughters, wives, and chairwomen of a rehabilitation facility they never dreamed they could. From my visit to the Crawford House my image of the addict went from my unmarried aunt who died alone, to a daughter whose mother was thanking the Crawford House for saving her daughter's life. I learned that addiction doesn't have to end in anger and sadness, but can be an empowering story of recovery, growing in each day of sobriety.*

Crawford House  
P.O. Box 255  
362 Sunset Road  
Skillman, NJ 08558

Non-Profit Organization  
U.S. POSTAGE  
PAID  
Skillman NJ 08558  
Permit No. 84