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# CRAWFORD HOUSE

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## *Halfway House for Women*

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### From the Executive Director

Some of you may have seen the recent HBO “Addiction” project, a multi-hour exploration of the problem of addiction in our society. There is little question that public exposure of the far-reaching and complicated impact of addiction is welcome. The plain fact is that addiction, in addition to the misery, illness and death it brings to the individual, has vast consequences for our society as a whole. Families become broken and sick. Employers are affected. The court and corrections systems are thrust into roles they are ill equipped to fulfill. Our health care infrastructure is taxed. The human and societal costs are immense.

Often when confronted with what seems like an insoluble problem, the temptation to look for the “quick fix” is attractive. Here at Crawford House, we see the complexity of the issues daily. The fact is that addiction affects virtually every aspect of a person’s life. While medications are, in fact, used in some phases of addiction treatment, it is clear from many years of experience that no magic medication bullet “cures” addiction.

When we read of some “great new advance” in the treatment of addiction expecting the miracle cure, we overlook the deep seated nature of addiction itself. The traditional Twelve Step programs developed over seventy years ago recognized that the disease of addiction is cunning, baffling and powerful. It is the disease that convinces individuals beyond question that they do not have it. Addiction thrives on chaos and lack of spirituality, preferring the extremes in life rather than balance. No medication magically and truly permits the victim to acknowledge the disease, much less embark on the tough process of changing those ways of thinking and feeling that feed the disease. As some in Alcoholics Anonymous have quipped, “AA doesn’t demand much, just that you change your whole life.”

We welcome media presentations that promote greater understanding of addiction. It is important to understand, however, that treatment that is effective involves great courage and dedication on the part of the addicted and

tough but compassionate caregivers. Above all else, recovery from addiction is a “we” process. Alone, the addict cannot recover. At Crawford House, we continue to foster a community of recovery, a “we” community that addresses the fundamental life changes necessary to recover. We are privileged that we can often celebrate the miracles that take place.



*Linda M. Leyhane  
Executive Director*

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### Community Businesses and Crawford House *Win-Win-Win*

“Think Win-Win”— a principle made famous by Steven Covey in his 1989 book Seven Habits of Highly Effective People seeks mutual benefit and is an essential ingredient to “success” philosophies worldwide. Toss in the third ingredient: social responsibility and you get Win-Win-Win – and that is what a number of local businesses and Crawford House are doing!

Helping its residents make the transition to a life independent of addiction, Crawford House provides housing, all the needs of daily life and a treatment program that helps women in early recovery from addiction to drugs or alcohol. After a 30-day orientation period, residents obtain employment - an important part of the program – and that is where local businesses come in. Some businesses in the area have a tradition of hiring Crawford House residents and have been doing so for many years. These business owners are truly partners in helping women in need.

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*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 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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Addiction Treatment Providers of New Jersey

Association of Alcoholism and Drug Addiction

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Continuing Care Facilities (MOAT)

Mercer Organization of Addiction Treatment &

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- Somerset County United Way
- United Way of Greater Mercer County



Bon Appetit, Chestnut Tree Books, Cutter's Mill Pet Store, Eckerd's, McCaffrey's Market, Metropolis Spa and Salon, and Smith's Ace Hardware are some of the names of the businesses at the Princeton Shopping Center that employ Crawford House residents on a regular basis. Many of these businesses have been working with Crawford House for over ten years, employing the residents. The Montgomery Shopping Center, Hillsborough Shopping Center and Princeton Borough are the three other general locations where Crawford House residents are also employed.

Business managers frequently say that they feel gratified knowing they are not only serving the needs of the community by offering great products and services, but they are also working with the local organizations like Crawford House to further a socially responsible mission.

Crawford House residents obtain entry level jobs that do not create a distraction from their main focus – strengthening their sobriety. Residents of Crawford House work thirty hours per week and are off from work one week-day in order to participate in other aspects of the program. Accommodating these restrictions is a good tradeoff for many local businesses. The upside is hiring women who are serious about the job and themselves. Never late for work, always reliable and conscientious, Crawford House women make excellent employees – they are working for more than a paycheck – they are working toward rebuilding their lives.

A resident of Crawford House, employed as a cashier at one of the businesses in the Montgomery Shopping Center described her experience in these words, “After the first month of working, I realized that I felt good about the job I was doing. It was important for me to know that people at the store were relying on me and that I was reliable. I've learned a lot on the job, not only new skills but also about myself experiencing being sober and wanting to do a good job everyday.”

Being employed and building good work habits is of critical importance to everyone in recovery. Learning job skills and getting promotions are additional rewards which have not been uncommon for Crawford House women. Crawford House residents have, in many instances, been promoted, from entry level positions to management positions.

It is a great feeling to know that there are so many local businesses that are willing, in some cases eager, to help Crawford House residents by hiring them. It is so important for the women of Crawford House, or anyone in early recovery from addiction, to have the structure and benefits of employment.

**Create Your Vision of the Future**

Plan now to have your generosity make a difference  
in the generations to come.

Have you ever considered naming Crawford House as a beneficiary in your will or life insurance policy? Please contact Claire Noon, Crawford House Development Director for more information: (908) 874-5153; email: cnoon@crawfordhouse.org.

# Amboy National Bank to be Honored on October 18, 2007

During the past five years, Crawford House has acknowledged their community partners either corporate or individuals at an annual celebration that takes place in the Fall. This year, the Selection Committee, chose Amboy National Bank to be the recipient of this honor for their continuing support of the Crawford House mission.

For over a decade Amboy has provided Crawford House with the financial guidance and resources necessary to maintain program services. During a particularly rough time when the agency was challenged on several fronts financially,

Amboy was able to assist the agency in meeting operational expenses. When operational challenges were resolved and the agency was ready to move ahead with the capital building project, Amboy agreed to be the partnering bank that allowed for a \$440,000 grant from the Federal Home Loan Bank to assist in the construction of the new facility.

As a true community partner, Amboy National Bank welcomes our residents as depositors and every resident opens a savings account. Going to the bank on Saturday mornings is part of our weekly routine.

*Thank you, Amboy Bank.*



**“The Happy Feet of Crawford House”**  
*Crawford House’s Staff and residents enjoyed a morning of bowling and camaraderie!*

## Credit Where Credit Is Due

Recently six residents of Crawford House attended and graduated from the financial educational program offered by the Somerset County Coalition on Affordable Housing (SCCOAH). This program helps participants understand the missing pieces of credit and money management. The program, Credit Where Credit is Due, consisted of three evening sessions and a graduation ceremony. The sessions covered topics such as: improving your credit scores, budgeting, borrowing and how to deal with money problems that become overwhelming. By participating in this program, residents will have an improved chance to re-establish their credit because financial institutions consider successful completion in this program as an enhancement to credit worthiness.

## SAVE THE DATE

Thursday, October 18, 2007  
6:00 PM

**The Crawford House  
Fifth Annual  
Humanitarian of the Year  
Award Dinner**

**Honoring**  
Amboy National Bank  
George Scharpf, President and CEO

Please join us for this elegant evening honoring Amboy National Bank and their commitment to service to the community and support of Crawford House. Sponsorship opportunities are available.

## Board of Trustee News

The Crawford House Board of Trustees elected Joseph D. Priory as its new President in January 2007. Joe is a Princeton area resident and Attorney at Law in private practice. He has been a Board member of Crawford House since 2004. Joe has served businesses, individuals and municipalities in New Jersey and Pennsylvania for over 30 years.

*Please join us in welcoming new Board Members,  
Mary Ryan and Ted Golfopoulos.*

Mary, a resident of Hopewell, was elected to the Board of Trustees in December 2006. Mary is District Sales Manager for TAB Products and owner of The Ryan Works Consulting Firm. Mary is an active member in the Princeton and Mercer County Chambers of Commerce; her local contacts and strategic thinking are assets which will benefit the fundraising efforts of the Board.

Ted Golfopoulos, a resident of Skillman, was elected to the Board of Trustees in November 2006. Ted is the owner of TG & Associates. A supporter of Crawford House for many years, Ted brings a strong commitment to Crawford House’s mission and great enthusiasm for his role as trustee.

# Crawford House Alumna Speaks

On Wednesday February 21, 2007, Linda and I went to John Witherspoon Middle School, Princeton, New Jersey, for my first speaking commitment.

We arrived to find an eager 8<sup>th</sup> grade peer leadership class, full of young, interested and ambitious 13 year olds.

First, Linda explained what a halfway house is, how people get there and what the purpose is upon admission.

Next, I was introduced and I told my story. It was ironic because I felt like I was speaking to myself eight years in the past.

At first, I found myself trying to plan what I would say, but then I let loose and let God take over and I suppose it turned out quite different.

All in all, I know for me it was a positive experience because it gave me a chance to give back to the community that has so freely given me my life back.

I can only hope it did as much for the kids as it did for me —in that they do not ever have to choose the same route I did.

Following my story was a question and answer period. I found such beauty in this because I was amazed how tender and untainted they were but at the same time how intelligent.

This was such a great experience for me and only because of Crawford House and my network have I been given the grace to reach out.

*Danee*

In the six month program — I changed. I learned a lot about my disease and more importantly about me. At Crawford House I learned structure, healthy boundaries, assertiveness and how to build self-esteem. I got something that I could not get anywhere else ...HOPE.

*Cathy  
Crawford House Resident*

Thanks to the generosity of individuals, corporations, foundations and public funders Crawford House provided more women with a safe, nurturing environment during 2006 than at any other time in our twenty-nine year history.

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