

Connections

YFA Connections Helping People Fit the Pieces Together Since 1969

Winter 2005

Cathy Doran, M.A.
President/CEO

Youth & Family
Services

Teresa Wright, M.Ed.
Director

Crisis Residential Center

Safe Schools/Healthy
Students

In-Home Family
Counseling

Adult Services

Tom Murphy, M.S.W.
Director

Chemical Dependency
Treatment

Co-Occurring Disorders
Treatment



YFA presents Addiction Monologues on March 17

**Michael Weaver, Artistic Director of
Actor's Repertory Theatre, directs original
performance about addiction and recovery**

How do you raise awareness about a issue that causes controversy and confusion? How do you create dialogue about a medical problem that some consider a moral problem? How do you educate the public about the disease, process of recovery, and the economic and psychological cost of chemical dependencywithout putting everyone to sleep?

Join us to find out at 7:00pm March 17 when YFA Connections presents the Addiction Monologues in the auditorium at the Unitarian Universalist Church near Fort Wright/Mukagowa.

The collaboration between Actor's Repertory Theatre (ART) and YFA began more than a year ago when Michael Weaver, ART's Artistic Director, generously agreed to lend his time and talent to stage a production about addiction and recovery.

"This has been an artistically fulfilling experience," said Weaver ".....to work with people who are this brave and this excited about starting a new life has been personally fulfilling, too."

Under Weaver's guidance, a group facilitated by Treatment Counselor, Jennifer Timoney, has worked on the project since late last year. Timoney said, *"It has been amazing to watch this group of people grow as they develop a cohesive voice to let the public learn about the struggle of addiction."* What started as a group of recovering addicts telling their stories has morphed into a creative experience for clients, staff, actors and volunteers.

Said one client, *"It's helping me to [understand my own] story and maybe telling what I went through can help somebody overcome something in their life. It doesn't even have to be addiction. It can be anything that seems insurmountable."*

The show, performed by both clients and actors, aims to entertain and raise awareness about this terrible disease that afflicts 2 out of every 10 Americans and affects all of us one way or another. Please join us and help support our work with chemical dependency.



Michael Weaver (center) consults with YFA staff members Kellie Wisner-Bardwell (left) and Jennifer Timoney on Addiction Monologues

Tickets may be purchased at the door for \$10; with student I.D. \$5 and may be reserved in advance by calling 532-2000 Proceeds will benefit YFA Connections

From the CEO

YFA Connections has a long tradition—since 1969—of service to the Spokane community. Growing and expanding in response to local needs, we work hard to remove barriers making access to services easier for the people who need them the most. Since our clients range from homeless youth to chemically dependent adults to families in crisis, we have to be pretty creative to get services where and when they are needed most. We work with other agencies, programs and systems whenever possible to expand the range of services available to our community.



Cathy Doran, M.A. became President/CEO of YFA in November 2004. Prior to that, Cathy served as YFA Adult Services Director since joining the agency in 1995. She earned her Master's in Counseling Psychology from Gonzaga University

We're currently collaborating with Hope for COAP and the Women's and Children's Free Restaurant to bring a hot meal and Strengthening Families classes to some of our parenting clients and we've undertaken an innovative school-based program with several area school districts that will dramatically expand access to mental health services for local youth and families. And to raise awareness about chemical dependency, we're collaborating with the Actor's Repertory Theatre on a production entitled the Addiction Monologues. We hope you'll join us for the show on March 17.

This work we do is not for the faint-hearted. It is challenging and frustrating, often sad, sometimes hopeful, always invigorating and sometimes even joyous. We seldom get to find out how the story ends or if the support, acceptance, positive comment or smile changed a life; and yet everyday we come back, hopeful and ready to try again "one day at a time."



Tom Murphy, M.S.W. has been YFA Director of Adult Services since November 2004. Prior to joining YFA, Tom was director of Child and Youth Services at the YWCA and earned both his Master's and Bachelor's degrees in Social Work from Eastern Washington University

YFA hosts Strengthening Families Program

Collaboration between YFA, HOPE for COAP, and Women's and Children's Free Restaurant benefits parents in recovery and their families

Great things can happen for the community when nonprofit agencies work together—each contributing the part they do best. A 3-agency collaboration is currently underway providing a nutritious hot meal and parenting classes to several Spokane families in which one of the parents is in treatment for chemical dependency. Eight YFA clients and their families signed up for the *Strengthening Families Program* provided by HOPE for COAP and held after regular hours at YFA Connections. Each session begins with a shared meal provided by the Women's and Children's Free Restaurant.

Strengthening Families is a 7-week program presented by certified facilitators and designed to help families grow together by improving communication skills, encouraging empathy and positive behavior while developing appropriate consequences for negative behavior.

"At YFA, we're always looking for ways to support our clients in their recovery," says Tom Murphy, YFA Director of Adult Services. "When HOPE for COAP approached us about offering these sessions to our clients who are also parents, we jumped at the chance."

Alan Zeuge, Coordinator of Substance Abuse Prevention Services at Spokane County Community Services and long time volunteer facilitator with *Strengthening Families* noted that YFA was the 2nd treatment agency to host the program. *"The program is especially effective for families with a parent in recovery because they are already open to the possibility of trying different behaviors," said Zeuge.*



YFA Adds New Program to Youth and Family Services

YFA Connections selected to provide school-based mental health services to several local school districts under Safe Schools/Healthy Students Initiative



Teresa Wright M.Ed., Director Youth and Family Services (far right) with Youth and Family Advocates who recently joined the staff of YFA to work within several area public schools improving access to mental health services for local students and their families.

In late 2005, YFA was selected to provide mental health services to students within several local school districts, including District 81, ESD 101, Cheney, Deer Park, Medical Lake, Nine-Mile and Riverside under the Safe Schools/Healthy Students Initiative—a federal program supported by the U.S. Dept. of Education, Health and Health Services and the Justice Department.

"We're excited about this new program because it's an opportunity for us to partner with schools and communities in a brand new way," said Teresa Wright, YFA Youth and Family Services Director, "and to improve access to mental health services for local youth and families."

To gear up for the program, YFA has created 10 new positions and hired experienced Masters' level professionals to provide counseling, support, referrals and resources directly to students and their families within the participating schools.

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Wright continued, *"We have assembled a great group of professionals who are ready to meet the needs of the youth and families within our community. This is an exciting opportunity for both YFA Connections and Spokane County."*

Jennifer Timoney Honored by Peers

YFA Counselor named IEEC Chemical Dependency Counselor of the Month

The Inland Empire Educational Consortium (IEEC) which facilitates the coordination and approval of continuing competency for area Chemical Dependency Professionals recognized Jennifer Timoney as Counselor of the Month for January 2006. This award is given to a local Chemical Dependency Professional who has contributed to excellence in the field of Chemical Dependency. Jennifer was nominated by her Clinical Supervisor, Kat Armstrong M.Ed., who describes Jennifer as *"very passionate and compassionate about the people she works with."* Kat goes on to say that Jennifer is a *"PRIZE."* Jennifer now qualifies, along with other monthly recipients, for IEEC Counselor of the Year to be announced at the 2006 Annual Meeting.



Jennifer Timoney, Chemical Dependency Professional, is currently working on her Master's Degree in Psychology & Addiction at EWU where she earned her BA in Sociology. Jennifer joined YFA in Sept. 2005



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Helping People Fit the Pieces Together Since 1969

**YFA Connections & Actor's Repertory Theatre
Present a Benefit Performance**

Addiction Monologues

7:00pm

Friday, March 17, 2006

**Unitarian Universalist Church
4340 W. Fort George Wright Dr.**

Admission: \$10.00

With student ID: \$5.00

**Real stories by real people capture addiction, intervention, and recovery
from the inside out.**

**Funny, sarcastic, heart-breaking, and ultimately human, the Addiction Monologues
will be performed once only on Friday, March 17, 2006 at 7 p.m. at the
Unitarian Universalist Church.**

Proceeds will benefit YFA Connections.

Call 532-2000 for any information.

