

# IN FOCUS

THE NEWLETTER OF SECOND GENESIS • SPRING-SUMMER 2008

## Kids of clients anticipate the thrills of summer camp

Spring has been busy at Mellwood. As we approach summer, the 23 children are getting ready to enjoy the natural surroundings of our land. The older children will be going to Explorers Camp, where there will be swimming, sports, arts and crafts, and field trips to museums. Favorite activities in the past have included the Baltimore Aquarium, Blacks in Wax Museum, the Smithsonian, and attendance at the Public Playhouse and the Missoula Children's Theatre. These experiences will carry with them when they, with their mothers, leave Second Genesis and return to their friends and families.

Our littlest ones are going to have some adventures of their own. Each event maximizes the learning experience for the children to become comfortable with the greater world. Led by the mothers' encouragement and guidance, the Mellwood staff has



created a busy schedule to strengthen the mother-child bond. On the off days we will have arts and crafts and ice cream socials at the house. We also plan visits to neighboring farms, such as Clagett Farms, to show the children, mostly urban, where food comes from.

Being able to provide caring and interesting life experiences for the children while their mothers are with us can only help contribute to a stronger sense of family when they leave.

## Project New Communities walks D.C. streets to fight early signs of addiction



Over the past two years, Second Genesis and the D.C. Addiction Prevention & Recovery Administration (APRA) have launched an initiative called Project New Communities. Working on the streets of D.C.'s blighted communities, outreach workers provide screening intervention and assessment to residents needing drug treatment. Clients typically go to a detoxification center followed by referrals to a residential center. The goal is to revitalize high-risk communities suffering from the impact of addiction, lack of social services, unemployment, and a broken education system.

## What's Inside

- \* Maryland's outdated excise tax on distilled spirits
- \* High school teachers in D.C. help Second Genesis clients
- \* How does it feel to feed 200 mouths in a rehab community?
- \* Re-entering the community takes love and encouragement



## Meet the Directors

*Katie Garriott*

*Director of Nutrition Services*

With my master's in hand and no drug rehab experience, I had no idea what I was getting myself into. The past three years have been an incredible experience, and a tremendous privilege.

It is often in our kitchens that clients first learn to cook. Here, we can teach clients marketable skills in addition to cooking meals at home that are not only nutritious - but also cost effective.

It is not uncommon for them to arrive with signs of malnutrition and with diseases such as diabetes, hypertension, hypoglycemia and obesity. Often this is a result of a lack of education, limited access to good foods, and the sad truth that addiction takes higher priority. My goal is to teach clients to make healthy food choices today - and about the significant impact it can have on their future.

Besides feeding 200 clients daily with limited staff, using out-dated, unreliable kitchen equipment is a constant concern. At the Fall gala, I was thrilled to receive a new refrigerator and stove for my department. I welcome volunteers who can pick up donations of fresh fruits and vegetables.

Finally, a special thanks to the individuals, the community and business partners, and the Capital Area Food Bank and Clagett Farms, for donations of food and other resources.

# Ballou teachers head for Second Gen



Better education leads to better lives. Under a special program, Ballou Teachers Head for Second Genesis Schools To Aid Youth. The program includes a Tutorial/Pre-Externship program. Students can come to Mellwood for math. In addition, Ballou has resources to help students, even after treatment. The program includes and technical programs such as barbering training, repair, cosmetology, and Microsoft Office spreadsheet production.

Thank you to Ballou Teachers, Timothy H. Minor and Brandon, for coordinating refreshments for our event last January.

**“One fewer addict in prison means annual savings in inmate warehouses”**

## Harvard Street kicks off area-wide community meeting

Gentrification of the Columbia Heights area in the District has propelled the need for a dialogue about how to welcome recovering addicts into a changing neighborhood. Neighbors, like the Easter Seals, have warmly encouraged clients and graduates to speak openly, without fear, about their process of healing.

Harvard Street Program Director, Will Bonnette, kicked off a meeting of nonprofit and corporate leaders. On February 25th, representatives from Drug Policy Alliance, College Bound, Giant Food, D.C. Commission on the Arts and Humanities, and Alliance of Concerned Men gathered with Second Genesis employees to outline a plan of action. The result is an agenda committed to increasing resources and improving community perception of Second Genesis's vision of promoting wellness.

Soon we will be starting this dialogue with neighbors in Crownsville, Upper Marlboro, and Silver Spring.

Second Genesis builds a sense of community not only inside its facilities but also around them. If you are a neighbor of one of our facilities and would like to get involved, please contact us using information on page 4.



# Genesis classrooms

leads to better jobs and happier... partnership with Ballou... (S.T.A.Y.) High School's... Diploma Program, teachers will... to help clients in English and... Ballou will provide them with the... them earn a high school diploma... The curriculum includes career... programs for automotive technology,... addiction counseling, computer... , culinary arts, driver's education,... specialist training, and TV

u S.T.A.Y. High School Director,... and Assistant Director, Arlene M.... inating a signing ceremony with... ur clients and staff at Mellwood

a \$25,000... ing alone.”

## Community re-entry plan



## Maryland's barrel-bottom tax rate on distilled spirits hasn't been increased since Eisenhower was president

by Executive Director J. Michael McGuinness

No state has a lower excise tax on distilled spirits than Maryland. House Bill 1310 advocates an increase in the Alcoholic Beverage Tax to create a Special Fund for Adult and Adolescent Addiction Treatment and Prevention Services. I recently testified before the Ways and Means committee of the House in Annapolis, siding with an independent study by Opinion Works in 2006 that found that 67% of Marylanders support increasing the state alcohol excise tax, especially when revenues are designated for addiction treatment.

Sadly, the bill did not go through. In fact, only \$5 million has been allocated to the Alcohol Drug Abuse Administration. There are few things in which government dollars can so clearly show effectiveness:

- One fewer addict in prison means a \$25,000 annual savings in inmate warehousing alone. Instead we are still building prison space.
- Every dollar invested in addiction treatment programs yields a return of between four to seven dollars in reduced drug related crime, criminal justice costs, and theft alone. The savings increase to twelve dollars when health care costs are factored in.

Not only do the dollars speak, but also the success rate is clear. Second Genesis is returning men and women to their communities to be productive citizens. In a recent survey of 215 clients six months after having treatment:

- 72% were employed,
- 81% had not used any substances, and
- 93 % had not been charged with a crime since leaving treatment.

It is critical that we keep up the fight. As government budgets shrink, our direct grants are declining in quantity and in the amount we are reimbursed per client daily. It is increasingly important that our donors, friends, graduates and community supporters help in raising the awareness of the facts about addiction and the promise of recovery.

### ***With high success rate, 2008 is almost at capacity!***

Second Genesis programs continue to be successful with high recovery rates. I want to thank all of our donors, funders, staff and volunteers for all their contributions and hard work.

This summer we will be going through the certification renewal process for CARF (Commission on Accreditation of Rehabilitation Facilities). It's an important affirmation that we are providing the highest quality of care, assuring persons seeking services and those funding us that we are in full compliance with internationally accepted standards. We are ready, and looking forward to the experience.

As you will read in the column at left, our Director of Nutrition has done wonderful work by establishing a healthier, more nutritious food program and secured new relationships with food vendors and donors. Katie not only has improved quality but also has saved money by using local farms and community retail outlets.

Please e-mail me ([Michael.McGuinness@secondgenesis.org](mailto:Michael.McGuinness@secondgenesis.org)) if you would like to comment or share your ideas.



## Make our wish list come true if you can

### For the Clients

Fresh fruit and vegetables  
 Frozen turkeys, chickens,  
 hams for holiday dinners  
 Healthy snacks for Mellwood  
 Children: cereal bars,  
 raisins, applesauce, animal  
 crackers, 100% juice  
 in bottles or cartons  
 New packages of  
 underpants, t-shirts,  
 and socks  
 Athletic clothing and shoes  
 Raincoats and boots  
 Reading glasses  
 New backpacks for  
 Mellwood children

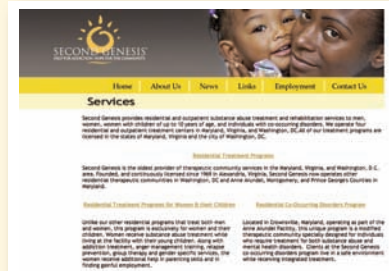
Phone cards and stationery  
 Tickets to sporting events  
 New or gently used  
 computers, color printers,  
 and digital cameras  
 Gift cards (i.e. CVS, Best Buy,  
 Target, Safeway, etc.)  
 Toiletries  
 For the Residences  
 Refrigerated salad bar  
 Warming unit (countertop  
 height preferred)  
 Grills (charcoal preferred)  
 Colorful framed pictures  
 for decoration  
 Gas stove  
 Freezer

To donate call 301 563 1545 ext. 320

## Come visit the brand new [secondgenesis.org](http://secondgenesis.org)

Your comments are welcome.  
 Email Bianca Poll at  
[bianca.poll@secondgenesis.org](mailto:bianca.poll@secondgenesis.org)

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### Second Genesis, Inc.

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### Therapeutic Community Locations:

Upper Marlboro, Maryland (Women and Children) 301 568 4822  
 Crownsville, Maryland (Traditional, Co-Occurring) 410 923 0401  
 Washington, D.C. (Traditional) 202 222 0120  
 Admissions 301 563 1545 ext 153

Second Genesis is a 501 (c) 3 organization. Contributions are tax-deductible.  
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Second Genesis, Inc. does not discriminate based on gender,  
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