



Make Our Wish List Come True If You Can

We need now (all adult sizes in M,L,XL, and 2XL):

New underwear and socks- mens, womens and children up to age 11

Grey and black sweat clothes

New t-shirts and underwear

Toiletry items including towels

New flip flops or plastic sandals

Healthy snacks for children including cereal bars, raisins, applesauce, 100% juice and fresh produce

To pre-arrange food drop-offs to the houses, call our Nutrition Director, Katie Garriott, at 301-563-1545 ext. 312.



Wanted: Alumni To Help Celebrate 40th Anniversary

If you are a graduate of Second Genesis and would like to be included in our 40th anniversary, please contact us. At our gathering, we will review options for the Fall Event including workshops, social gatherings, as well as Volunteer Organizing in bringing meetings and graduate recovery experiences to our current clients. If you would like to be a part of this event, please email development@secondgenesis.org, or call 301-563-1545 ext. 320 to reach Lucy Lowenthal, Development Director.

Annual Report Wins Silver Addy Award

The report, featuring blocks painted by graduates on the cover, received an Addy Award from the Advertising Club of Washington at its March 19 annual event.



J. Michael McGuinness, *Executive Director*
Bryan Dierkes, *Chief Financial Officer*
Mary Bracken, M.D., *Director of Medical Services*
Lucy Lowenthal, *Director of Development*
Katie Garriott, *Director of Nutrition Services*
Michelle Larkins, *Director of Human Resources*
Raymond Brown, *Senior Program Director, Anne Arundel Facility*
Lynn Burke, *Program Director, Co-Occurring Disorders Program Annex, Anne Arundel Facility*
Titus Tucker, *Program Director, Women and Children's Mellwood Residential Facility*
Kestryl Leffyear, *Program Director, Harvard Street Residential Facility*
Wilhelm Bonnette, *Program Director, Minnesota Ave. Outpatient Facility*

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See our new video at secondgenesis.org

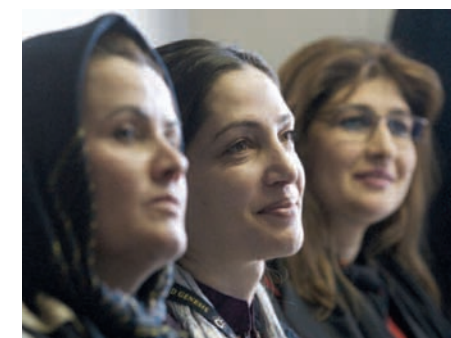


In FOCUS

THE NEWLETTER OF SECOND GENESIS • SPRING 2009

Afghan and Kenyan Medical Delegation Tours Second Genesis in State Department Initiative

Second Genesis was honored to host a study tour of substance abuse professionals from Afghanistan and



Kenya for five days from March 23-27. The group included two medical doctors, two nurses, counselors, clinical social workers and educators. The delegation was

sponsored by the International Narcotics and Law Enforcement Bureau (INL) of the State Department, headed up by Mr. Thomas Browne, a seasoned diplomat and expert in the field of addiction for more than 30 years and a long time friend of Second Genesis. During the week the visitors studied the Second Genesis curriculum, taking part in workshops, sessions and group therapy. The experience was part of the United States Global Initiative to provide treatment for addicted women and children in Afghanistan and Kenya.

According to the United Nations Office on Drugs and Crime, more than 93% of the opium produced for the world's illicit narcotics markets comes from Afghanistan. Many women there take opium for pain management, often during pregnancy, and some give it to their children to make them

easier to manage. After losing their husbands in combat, many mothers become the sole caretakers of children, preventing them from entering addiction treatment. Still, many others resist because of the societal shame.

In response to this devastating problem, INL has funded several residential drug treatment programs for women and their children, the first of their kind in Afghanistan. The Sanga Amaj Center in Kabul is the first women's drug treatment center there and has been successful since it opened in 2007. In early November, INL opened its second facility in Mazar-e-Sharif, Balkh Province. A third facility is planned for the Herat province.

In Kenya the problem is a bit different. The major drugs are alcohol and marijuana, with an increasing use of heroin in the coastal region. While there are

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Afghan and Kenyan delegation, pictured with (far left, standing): Founder Sidney Shankman, M.D. (From left, seated): Director of INL at the State Department Thomas Browne, Executive Director of Second Genesis J. Michael McGuinness

What's Inside

- * Leading judge encourages addiction treatment for success
- * Maryland awards Second Genesis new women's prison contract
- * Director in the spotlight: Titus Tucker



SECOND GENESIS
HELP FOR ADDICTION. HOPE FOR THE COMMUNITY.

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
Outpatient 202 388 3525 Admissions 301 563 1545 ext 153

Second Genesis is a 501 (c) 3 organization. Contributions are tax-deductible.
Federal Tax Identification #54-0890868
Second Genesis, Inc. does not discriminate based on gender, age, race, or sexual orientation.



Meet the Directors

Titus Simuel Tucker

*Director of Mellwood
Women and Children's Program*

As a teenager in LaGrange, GA, my younger cousin would disappear for days at a time. My aunt told me she was "doing drugs"; which made me wonder what drug is so profound that a person will relinquish all willpower to a substance?

Now, with my PhD in Counseling Psychology, I teach my clients about the disease of addiction, helping them assess the triggers that drove them to abuse drugs. Under the guidance of my mentor, former Program Director Beatrice Crump, I developed my therapeutic philosophy of incorporating the entire family in treating a women's addiction.

The safe and nurturing environment here incorporates vocational skills such as money management, cooking classes, and sewing class so that the women are better able to balance their jobs at home when they leave us.

As a role model, I have my own personal wellness program, including training for long distance races. I feel honored to be part of an organization with a forty year track record of success in helping people break the cycle of addiction and find a new life.

Judge Silkworth's Leadership Increases Awareness That Addiction Treatment Works

For years, court systems have perceived a slight stigma in sending offenders to drug treatment programs, seemingly not recognizing their effectiveness in reducing repeat criminal behavior.

But Judge Ronald A. Silkworth of the Circuit Court of Anne Arundel County, knows that "Treatment Works" and has taken the reins in promoting it within the court system. He also knows that as a judge he needs to stay involved. It has been proven that success rates increase dramatically if the judges monitor their clients throughout treatment and after-care.

While taking a stronger stance in the offender's treatment program requires extra paperwork, time, and commitment, the client benefits from a variety of deterrents against returning to criminal activity. The case manager from the courts is then able to stay with the client throughout their treatment and into



transitioning care, providing a much more fluid and consistent process for the client to recover.

We are grateful that Judge Silkworth has taken his time to understand and encourage the importance of treatment for Second Genesis' Anne Arundel/Crownsville clients. With a group of treatment providers, including our Compliance and Operations Manager, Kristy Blalock, Judge Silkworth has been instrumental in educating other judges about using addiction treatment as a sentencing option and bringing much-needed awareness to its effectiveness.

Second Genesis Expands "Behind the Walls" Program At Maryland Correctional Institute for Women

by Executive Director J. Michael McGuinness

Partly in recognition of our superior work in Inmate Assessment in 13 of its facilities, the Maryland Department of Public Safety and Corrections awarded Second Genesis a contract to operate a 75-bed modified Therapeutic Community in the Maryland Correctional Institute for Women (MCI-W) in Jessup, MD. All inmates served by the MCI-W program are within 24 months of mandatory release and have been identified as having severe substance abuse histories as indicated by the Addictions Severity Index (ASI).



The National Institute on Drug Abuse (NIDA) grant showed that recurring criminal behavior and substance abuse within the MCI-W population that involve psychological dysfunctions are very common. Under Secretary Maynard, the Department has adopted a treatment philosophy focused on successfully preparing offenders to return to their communities. As substance abuse treatment is a primary tool in combating criminal behavior, such programs are at the heart of a re-entry effort.

Second Genesis counselors will deliver group and individual therapy sessions over a six-month program in a stand-alone modified therapeutic community. Staff-facilitated clinical groups will be scheduled at least twice daily, Monday through Friday, and include such topics and strategies as: chemical dependency education, relapse prevention and planning, pro-social skills development, victim awareness, anger management, trauma recovery, problem

solving, communication skills and conflict resolution. We expect the inmates will benefit greatly from the "Second Genesis Approach and Philosophy". Established to address the need for a more intensive treatment alternative, this is a successor program to the Friends/MCI-W Drug Treatment Project (funded by NIDA), part of NIDA's Patuxent Women's Project from 1995-1999.

Overall, Second Genesis is successfully navigating these troubling economic times. All programs are doing well and expanding in a number of areas. We recently received word that three contracts with the State of Maryland's Mental Health and Hygiene/Alcohol and Drug Abuse Administration have been renewed: The Residential Substance Abuse Treatment Services of Criminal Justice Patients (Level 111.3), Residential Substance Abuse Treatment Services for Criminal Justice Patients (Level 111.5) and Statewide Residential Substance Abuse Treatment Services for Pregnant Women and Women with Children (Level 111.3). We also will continue the Baltimore Substance Abuse Service contract for Women and Children at Mellwood in Upper Marlboro, Maryland.

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

"As a primary tool in combating criminal behavior, substance abuse treatment is at the heart of a [community]re-entry effort."

Hotbeds of Drug Abuse, Afghan and Kenyan Representatives Visit SG Experts for Guidance



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several treatment centers, none are funded by the government, leaving the entire burden to individuals. Jennifer Kimani, Chief Executive Officer of Kenya's newly established National Campaign against Drug Abuse, said she wanted to learn exactly how Mellwood house runs. "The scenario in Kenya is that women do not get treatment."

Despite religious and cultural differences, the desire to treat mothers with their children is universal. Healthy familial bonding is intrinsic to a successful recovery for both the addicted mother and the traumatized child whether it is in war-torn Afghanistan or the inner city of Baltimore or Washington, DC.