

Year-End Note from Executive Director, J. Michael McGuinness



Executive Director,
J. Michael McGuinness

This has been an exciting year for Second Genesis. Although we are facing challenging times I am filled with enthusiasm and hope for the future. In recent months as I have visited our four programs I have always come away refreshed. One has only to look around and talk with our wonderful staff to realize the great work they do transforming people's lives and helping our clients build a strong foundation for long-term recovery.

More than ever I am convinced as I enter my sixth year with Second Genesis that our mission is as strong today as it was thirty-eight years ago. This is evident on a daily basis as I work with the more than 119 staff serving more than 200 clients and 30 children. One example occurred in late September when I attended a family day at our Mellwood facility in Upper Marlboro, Maryland. As my family and I enjoyed the barbeque, beautiful weather, mothers playing with their children and families reuniting I reflected on my career in the helping profession and was reawakened to why I entered this field over sixteen years ago. As a young man in a time of need I reached out to a helping professional who became my long-term mentor and teacher. He taught

me that a person's internal and external life is neither a fact nor a given. Feelings are not facts... they are constructions with a thousand possible shapes and a life that lacks curiosity, compassion, commitment, and competency is a life of over-involvement with self, a life without others. Our staff and volunteers provide just this kind of inspiration to our clients on a daily basis.

As we end the year I want to thank the board, staff, volunteers and donors for empowering all of us to be able to give our clients and their families a second chance to *choose* to live a life free of alcohol and drugs filled with curiosity, compassion, commitment and competency.

Thank you to all the staff at Mellwood, Anne Arundel, Harvard Street, Silver Spring and Virginia. You are truly inspiring.

Gala Update

On October 18th at the Washington D.C., Ritz Carlton hotel, the Board of Directors, staff, volunteers and guests of Second Genesis gathered to celebrate thirty-eight years of service to the community. This year's event called "A New Beginning" was co-chaired by long time supporters, Deborah and Joel Meisel and Amy and Alan Meltzer.

Bob Carlstrom, Chairman of the Second Genesis board, welcomed the more than 350 guests by describing the new developments at the organization. He, introduced the new management team including Michael McGuinness as Executive Director, Lucy Lowenthal as Director of Development and Vincent Mencher as Director of Finance. Together with the board of directors and

staff, the organization will be moving to develop new programs and diversify its funding base. In his words, the coming year will be "a rebirth, a true second Genesis." The



Dancing the night away with Glenn Pearson and the Floating Opera

podium was then turned over to Second Genesis's President and Founder, and internationally well-regarded leader in the field of addiction, Dr. Sidney Shankman who after expressing gratitude to our supporters for their dedication and support read from a personal letter recently sent to him by the grateful mother of a graduate whose life was completely turned around through his stay at Second Genesis. She said: "My thanks to all the people who were there for Mike long ago. He internalized the experience and has a life because of it."

Paul Berry, former WJLA newscaster, continued a tradition of acting as the evening's emcee by leading the crowd through a highly successful live auction and introducing Glenn Pearson the Floating Opera. Renowned for their musical prowess, the Orchestra has not only assisted us in previous galas, but also thrilled audience at White House functions, diplomatic balls, and Fortune 500 companies.

Our honorees of the evening were recognized for their tremendous efforts in supporting those in the recovery community. This year, we acknowledged Aileen and Russell Train, Jim Larranaga, Congressman Charles B. Rangel and Billy Tauzin. Longtime supporters and friends, Aileen and Russell Train attended with their family members and friends. Aileen Train served as an active member of the

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Gala Speech Excerpts



Adrienne Epps Thurston,
Graduate of Second Genesis

Prior to entering Second Genesis, I felt alone, afraid, and confused. I was an empty shell; I was a perpetrator. My soul was not cared for and my spirit lacked nurturing. Despite the excruciating pain that existed in the depths of my soul, I covered my wounds. I would never let anyone see me sweat. I constantly maintained my composure and displayed few emotions. When I stepped outside my door, the show, which was the performance of my life, had to go on. So I dug deep in my bag of masks, which I had accumulated over the years, put on my face and continued to sur-

vive because I had forgotten how to live. I was shaking in my boots on the inside because I did not want you to know that I was filled with anger, guilt, shame, fear, embarrassment, loneliness, envy, resentment, and sadness. I addressed my beliefs about self, others and the world. In addition, I began to recognize and connect how my thoughts and feelings dictated my behavior. With the compassion and support given to my daughter and me I was able to slowly change my behavior and improve the quality of my life.

One of the benefits I experienced was being able to stay an extra month in the women and children's program after returning to work. It allowed me an opportunity to save money, pay childcare to another resident, and increase my self-worth. After moving into my apartment, I continued to get great support from Second Genesis, including aftercare that got me through many tough situations as I adjusted to a clean and sober life.

As a result of staying clean, I was able to find employment in addition to attending meetings and receiving therapy. I realize that I am not exempt from life showing up on my doorstep because my youngest daughter, a freshman in college, is expecting a child next month. The learning experiences from Second Genesis help me today with acceptance, humility, and powerlessness in all of my affairs.

My dream today is to be an advocate for women who are in the final phases of treatment and seeking employment. I believe that I can be an effective change agent through compassion and encouragement and building on an individual's strengths. My goal is to empower women to achieve financial independence.

I have truly learned how to be of service and help to humankind. This process has been overwhelming at moments; however, arriving at the end with the unconditional love and support of so many has helped me grow internally.



Calvin Woodland, Graduate
of Second Genesis

I'm here to represent those thousands of individuals who have been blessed to find Second Genesis. If I were to cover my entire story ... actually if I were to simply review my arrest record ... I would be standing up here for quite a while. I won't do that, however. I'll get right to the point. I grew up in Washington, DC. I was a tough kid. My dad was a boxer and so I decided I wanted to follow in his footsteps. Mind you, I didn't like boxing ... but I loved the pretty robes and the nice gloves and boots ... and especially the attention.

All of that is a distant memory now. I started drinking at the age of 12 and drugs followed soon after that. I became a father at 17 and celebrated my 18th birthday with my first arrest. From early on I couldn't fathom why anyone would want to do an honest days work for an honest days pay. I thought losers did that. For me it was all about becoming the meanest and most successful drug dealer I knew ... and I knew lots of them.

For a while I managed to keep myself fairly presentable. My clothes were clean, my hair was cut. But like everything else, those habits stopped as I made PCP and crack cocaine use my main focus in life on a daily basis. Over twelve years I was arrested 16 times and have racked up 37 criminal charges. Every time I walked out of Lorton ... sober and in good physical shape ... I vowed to start over. What that meant was this: I wouldn't use drugs ... I would just sell them.

That plan didn't work out however and every time, in a matter of weeks, I was using again and worse than ever. I ran and ran and ran. But I could never get away from myself ... the criminal, the con artist, and the addict.

That changed when I was "sentenced" to the Second Genesis Drug Treatment Facility. Although it was called a sentence at the time ... it was actually the greatest blessing of my life. I will never forget or minimize the impact that Second Genesis has had on me. It's where I grew up. It's where I learned the definition of responsibility and accountability. And today I am able to show up ... to be a real father, a husband, a worker among workers as I enjoy a wonderful career in city government.

And I thank this amazing organization for allowing me to build a life beyond my wildest dreams.

Want to help?

What you can do:

Donate an item from our Wish List

Make a financial Contribution by filling out the enclosed form and mailing us a Check. Or visit our website www.secondgenesis.org and donate by credit card. If you are interested in giving us a stock gift or including us in your will please Call Lucy Lowenthal, Director of Development 301 563 1545 ext 320



In Focus

Fall Newsletter 2007



Child of Mellwood client



S.G. Child Care Specialist Vernon Clemmons with child of client



Anne Arundel clients and staff

The mission of Second Genesis is to empower individuals and families to make choices that will enable them to experience life free from alcohol, drugs, crime, violence and exploitation. Since 1969, the program has successfully treated thousands of men and women with programs based on a modified therapeutic community treatment protocol.

We currently operate four centers in Maryland and the District of Columbia and two outpatient services in Washington and Virginia.

The programs are based on a modified therapeutic community treatment protocol employing a series of treatment phases. As people achieve their treatment goals they are given more responsibilities and earn more privileges. Over the years the program has expanded from one small facility in Virginia to the three centers it now runs in Washington, DC and in Maryland.



Sidney Shankman, M.D. and child of Mellwood client



Administrative Offices:

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Therapeutic communities:

Anne Arundel and Prince George's Counties
in Maryland and in Washington, DC

CFC/United Way Information

Thank you for designating Second Genesis
in your United Way and CFC Giving

United Way # 8342 and CFC #16144

Second Genesis is a 501(c) 3 organization
and contributions are tax deductible

Federal Tax Id Number #54-089068.

Second Genesis does not discriminate based on gender, age, race or sexual orientation.

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SENIOR STAFF LIST**

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- Ronald Henry, Vice President,
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Gala Update *Cont.*



**Aileen and Russell Train,
Sidney Shankman, M.D.**

Board of Directors of Second Genesis for many years. Her soft and persuasive voice was essential to breaking the barrier with the socially prominent and the politically empowered. She opened windows of awareness and in the process has supported and strengthened Second Genesis's life saving mission. Mr. Train founded World Wildlife Fund in 1961. Together they have spent many years giving back to the community.

As the Head Coach of the George Mason Patriots basketball team, the leading team of the 2006 NCAA Final Four, Jim Larranaga has a long career of mentoring young adults on the restorative properties of athletics. Serving as a role model, mentor, and coach, Larranaga has taught many young men how to become confident leaders and mentors as a result of their exposure to athletics.



Coach Jim Larranaga

Congressman Charles B. Rangel is currently serving his 19th term as the Representative for the 15th district of New York. As the former chairman of the Select Committee on Narcotics Abuse and Control, Congressman Rangel has lead the fight against drug abuse and trafficking. Since the Congressman was called out of town, Mr. William Signer represented him in thanking Second Genesis for all of our good work in the field of recovery.



Rosanne Cash

Mr. Tauzin, a former Louisiana member of the United States House of Representatives serving from 1980-2005, currently is President and Chief Executive Officer of PhRMA, a powerful trade association for pharmaceutical companies. Unable to attend, Mr. Tauzin sent a video to the gala describing PhRMA's newest campaign to educate the public about the dangers of prescription drug abuse.

A highpoint of the evening was when Adrienne Epps Thurston and Calvin Woodland spoke about their life-changing experiences as graduates of Second Genesis. As a therapist working at the Veterans Agency and the Deputy Chief of Staff to Councilman Jim Graham respectively, Adrienne and Calvin exemplify the power of recovery. (Excerpts of their speeches can be found on the following page)



Alan Meltzer

Gala co-chair and avid country music fan, Joel Meisel concluded the evening by introducing Grammy award-winning artist Rosanne Cash and her husband, John Leventhal who accompanied her on guitar and vocals. They gave a tremendous performance. Afterwards, the entire Second Genesis family, donors and staff alike danced until the late hours of the evening.



Deborah and Joel Meisel

The Board and Staff extend their sincere gratitude to the evening's sponsors: Joel and Deborah Meisel, The Meltzer Group, Rosenthal Partners, Avis-R Company, Pine Rock Productions and the Bender Foundation.