

IN FOCUS

THE NEWSLETTER OF SECOND GENESIS • FALL-WINTER 2008

Second Genesis' New Nurturing Fathers Group Helps Families As Well As Clients Themselves

An important focus of Second Genesis is The Strengthening Families Program, a 16-session, science-based parenting skills, children's life skills, and family life skills training program specifically designed to help not only the addicted client, but also the whole family.

This year, Second Genesis introduced the Nurturing Fathers Program, to enhance skills for male nurturance and offer tools to become stronger male role models. Topics covered include the roots of fathering, how to nurture oneself and one's children, fathering sons versus daughters, disciplining without violence, how to play with children, managing anger and resolving conflict, working as a team with a spouse or partner, communicating and problem-solving, cultural influences on fathering and dealing with feelings.

Focused on parenting as a relationship of mutuality, authenticity, and empathy, the Nurturing Fathers group includes single and married fathers, foster fathers, adoptive fathers, grandfathers, and fathers planning to parent.

The men participated in a special ceremony at our Women and Children's facility, where they were presented with their certifications alongside the graduating mothers.



Northeast DC Welcomes New SG Facility

To help meet the need for adult and adolescent outpatient addiction treatment, as well as such services as anger management and parenting skills, in the Marshall Heights Community, Second Genesis is opening a center at Minnesota Ave. in northeast Washington. In addition, Project New Communities, our program that includes "street team" members who canvass the streets for affected persons, will mobilize from the new center. Program Director Wilhelm Bonnette has taken the lead on organizing this unique opportunity to serve a struggling area of our region. You may find up to date information about this important new facility on our website at www.secondgenesis.org.

What's Inside:

- * Managing Addiction Services and Mental Health in an Holistic Program
- * Expanding Therapeutic Communities, Nigerians and Brazilians visit and learn
- * A Tribute to Ed Flowers
- * Wish List

International Delegation Tours Mellwood To Learn Skills

In September, as part of a World Federation of Therapeutic Communities (WFTC) program that invites international colleagues to learn from each other, five Brazilian addiction specialists and a Nigerian counselor visited Second Genesis to study our innovative Women and Children's program. This unique program, centered in our Mellwood facility, teaches mothers effective parenting skills – and can incentivize both the adult client and social services to keep mothers and children bonded as they move to after-care services. The children can live in a safe, healthy environment under the watch of certified counselors as they regain the ability to act like children.



Padre Harold Rahm, a founder of two therapeutic communities in Brazil, led the study tour. Both Padre Rahm and our founder, Sidney Shankman, M.D., received the Harry Scholl Award from the WFTC in 2005. The itinerary was outlined by the desire of Padre Rahm to emulate the Women and Children's model at a new therapeutic community opening in Campinas, Brazil. The study tour included a day of shadowing a client, workshops focused on innovative nutrition classes and clinical workshops on topics like "Forgiveness" and "If Not Now, When". The administrative and clinical modifications needed when children are brought into a therapeutic community were led by our Compliance and Operations Manager, Kristy Blalock. We are always grateful to trade best practices with fellow World Federation of Therapeutic Communities members. We wish them success in their upcoming venture in adopting Mellwood's principles to their own Women and Children facility.

"Having the tools to change your life and succeed in recovery means nothing if you don't choose to use those tools. Using those tools is tough, but the alternative is tougher."

Edward Flowers

SG Commemorates a Dear Friend In Edward Flowers



Ed Flowers, Director Emeritus and close counsel of the founders of Second Genesis passed away on July 4, 2008. Dr. Shankman has said that Ed Flowers's innate "street sense" knowledge from his colorful history provided the perfect match for his years in psychiatric and addiction treatment.

A native New Yorker, Flowers' early drug use led to years in and out of New York penal institutions including Attica, Sing Sing, and Hart Island. It was after a successful stay at the Phoenix House Therapeutic Community, in 1967, that he began to embrace the life transformation of successful recovery. He joined Second Genesis in 1971, holding positions from counselor to program director.

Councilmember Jim Graham of Washington D.C. commemorated Flowers by paying condolences to a member of the community who "was known for his tough love, his determination to support people who are recovering from addiction and loved dearly by all".

Full Capacity, Exciting Changes Mark 2008

by Executive Director J. Michael McGuiness

As we approach the holiday season, I want to thank our Board, staff, donors and partners for helping us make 2008 one of our best years ever. Our facilities are operating at full capacity and our rates of success in the programs have continued to improve. In these troubled times with the economy faltering, the demand for addiction services is at an all time high. We continue to look for ways to control costs and find new sources of revenue so we can work efficiently and maintain a position of strength.

We are in the process of developing closer partnerships with the public sector and offering our clients a comprehensive curriculum of holistic treatment that will lead to a strong recovery.

In Maryland, we want to thank Baltimore Substance Abuse Systems (BSAS) and The Alcohol and Drug Abuse Administration (ADAA), a division of the Maryland Department of Health and Mental Hygiene (DHMH). In Washington DC, we want to acknowledge our long partnership with CSOSA the Court Services and Offender Supervisory Agency (CSOSA) and the Addiction Prevention and Recovery Administration (APRA).

Our relationship with the D.C. Family Treatment Court, part of APRA, has prospered. Under this contract, women who have been accused of child neglect come to our Prince Georges facility at Mellwood where they are counseled on education, health and nutrition, in addition to how to overcome their substance abuse disorders. It is a structured environment for both the mother and child. Many of the children before arriving have been self parenting. While at Second Genesis these children are finally in a safe environment and can finally react as children and take pleasure in their lives.

Certainly one of the highlights of our year was receiving the three year renewal accreditation from CARF (the Commission on the Accreditation of Rehabilitation Facilities). This was an all staff team effort. Receiving certification is an important vote of confidence indicating that we are doing the right thing and providing the best quality care throughout our programs. The final accreditation covers both our major service areas – the therapeutic community and the outpatient services in our three locations including the Women and Children's facility in Upper Marlboro, MD, the Traditional facility in Crownsville MD and the 28-day program at the Harvard Street facility in Columbia Heights, Washington, DC.

Preparing for the CARF survey was a major effort. Virtually every staff member was involved in one way or another in the preparation process so that at we could be sure that we met specified performance standards. Over a period of three days in early August, two CARF surveyors, experts in the field of therapeutic communities visited each of our facilities so they could analyze every aspect of the organization. They looked at administrative, programmatic and clinical functions, holding interviews with staff from all parts of the organization, residential clients in each facility, and stakeholders and donors from the community.

Receiving CARF accreditation, especially a renewal for the maximum three years, sends an important message. It is a symbol showing that Second Genesis is committed to ongoing quality improvement and client centered services.

I want to thank all who contributed to the process of making it a great outcome.

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



Meet The Directors

Lynn Burke

Director of the Co-occurring Disorders Program, Crownsville Facility

As a poor graduate student at Loyola, I desperately needed a part-time job to help support my family – and received an offer as a weekend residential monitor in the newly opened Co-occurring Disorders (COD) Program at Second Genesis. I was bitten by the bug. After attaining dual licenses as a Professional Counselor and an Alcohol and Drug Abuse Counselor, it is my privilege to be the director of the Co-Occurring Disorders Program in the Crownsville, MD, facility.

Second Genesis is known as a pioneer in the emerging field of treating clients with co-occurring disorders – those with concurrent substance abuse and mental health concerns. The 27-bed unit opened in late 1998 as a pilot project of the State of Maryland. Our program operates as a modified Level III Therapeutic Community licensed by the State of Maryland. The clients treated in the specialty COD program, located in an annex of the Anne Arundel facility, are those with Serious Mental Illness. Since its beginning, our program has been recognized as one of the premier co-occurring programs in the region, supported through contracts with not only the State of Maryland, but also Baltimore City, Baltimore, Howard, and Calvert Counties, the District Columbia, and Fairfax and Alexandria counties in Virginia. There are many more clients who could benefit from COD services than there are designated beds at Second Genesis. We hope we can expand to meet the needs in the future.



Holiday Wish List

We make good use of equipment, supplies, clothing, and other in-kind donations in our treatment programs. Here is a wish list of items that are in high demand (not exclusive). Our clients spend the holidays in treatment. Please take a moment and purchase a new item for a person in our program while you are going about your holiday shopping.

- Frozen turkeys, chickens and hams (for holiday dinners)
- Clothing and Personal Items (for men and women)
 - under clothing (new t shirts, underwear, socks –all sizes)
 - gently used winter clothing (boots, hats, gloves – all sizes)
 - personal items (including towels, small shampoos, body lotions, etc.)
- Other
 - gift cards (Safeway, Giant, Target, CVS)
 - bedding (including sheets, comforters, pillows, etc.)
 - Tickets to sporting events and movies

We are a 501(c)3 organization so any donation you make is tax deductible. We accept items that are in like-new condition. Donations can be delivered directly to our facilities. Please call Development at 301-563-1545 ext 317.

Help Us In United Way/CFC

Second Genesis invites and encourages you to get involved in the United Way or CFC program at your office. Second Genesis has two numbers now. United Way number is 8342 and the Combined Federal Campaign (CFC) is 16144. If you work at an office with a campaign and would like a speaker from Second Genesis please get in touch with Lucy Lowenthal in Development at 301-563-1545 ext 320.



Senior Staff

- Sidney Shankman, M.D., *Founder and President*
- 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, *Human Resources Manager*
- Raymond Brown, *Senior Program Director, Anne Arundel Facility*
- Lynn Burke, *Program Director, Co-Occurring Annex, Anne Arundel Facility*
- Wilhelm Bonnette, *Program Director, Washington D.C. Facilities*
- Titus Tucker, *Program Director, Mellwood Residential Facility*

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Second Genesis, Inc.

Administrative Office Location:

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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) 202-388-8570
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.

