



# *The Beacon*

*“Shining a Light for Tomorrow”*

Fall 2008

## **SUCCESS: ONE CHILD AT A TIME**

This past school year, the Lighthouse Prevention Education Program was fortunate to have had the opportunity to provide Child Abuse and Neglect Prevention to children of Empowering Communities Helping Ourselves and the Goode Street Community Center. Through funding from the Children’s Trust Fund, we were able to provide over 120 students ages 5-14 with the necessary skills to recognize the signs of child abuse while empowering them to use their voice in preventing these horrific acts. On May 9, 2008, we provided an informal graduation for the children of E.C.H.O. The children were provided certificates of completion along with other awards for their diligence and commitment to the program. When speaking with Mrs. Ayeida Harris, Director of E.C.H.O., she stated, “this will probably be the only time that some of these kids will walk across a stage and receive this type of recognition; this program has truly been a blessing to these children.” We would like to thank the Children’s Trust Fund along with E.C.H.O and Goode Street Community Center for allowing us the opportunity to play such a pivotal role in the lives of our young people.



## **Birdies for Charity**

As part of the Navistar LPGA Classic played at the Robert Trent Jones Capital Hill Senator Course September 25-28, Lighthouse was included as one of the local charities benefitting from the tournament. Lighthouse solicited pledges from supporters and golf fans who pledged either a fixed amount or an amount per birdie for each birdie recorded by a player during the four day event. As a result Lighthouse was able to raise \$1,546.08 from our golf fans who supported us in this event, making the Lighthouse the fourth best supported charity in this event. The pros made 1524 birdies, up considerably from the 1301 made during the 2007 tournament. These ladies are good!

## **CURVES OFFERS SURVIVORS THE THERAPEUTIC BENEFITS OF MEMBERSHIP**

Lighthouse's STAR Program and Curves are teaming up to ensure survivors can manage symptoms resulting from their sexual assaults. Survivors of sexual assault often suffer from a variety of symptoms typically associated with Rape Trauma Syndrome (RTS), a form of Post Traumatic Stress Disorder. Research tells us that physical exercise can dramatically improve the effectiveness of efforts to manage, reduce and/or completely eliminate several symptoms experienced by sexual assault survivors.

According to STAR Program Director Shirley Jones, one of the most effective tools available to survivors has been the most underutilized until now. "Often it is not a lack of willingness to participate in ongoing physical exercise but more a function of their fear of unfamiliar places and/or unfamiliar men that prevents assault survivors from employing exercise in their healing process." Ms. Jones notes that "when a survivor *is* able to face their fears, typically, they are unable to afford a gym membership."



Curves is the first fitness and weight loss facility dedicated to providing affordable, one-stop exercise and nutritional information for women throughout the world. Now they are offering the Curves approach to sexual assault survivors free of charge. "The positive impact of physical exercise on depression, anxiety, tension and self-esteem has been well documented," said Jennifer Hand, co-owner of the four local Curves centers partnering with STAR.

The partnership between the STAR Program and Curves makes perfect sense; both are focused on strengthening and empowering women. Curves offers a holistic approach to improving members' health. Business partner and co-owner Larra Wallace said, "Women who join Curves don't just join a gym but they become members of a community of caring women who understand and support each other."

Lighthouse and STAR would like to thank Ms. Wallace and Ms. Hand of Curves and their consumers for their interest and support of local sexual assault survivors in our community. Already Curves has committed to donating memberships to be given to STAR consumers for use in the treatment of RTS. STAR and Curves are also exploring many other opportunities to join forces which will be announced in future newsletters and public service announcements.

*To find more information on the benefits of physical exercise at Curves visit:  
[www.curves.com/the-workout/supporting-research.php](http://www.curves.com/the-workout/supporting-research.php)*

### **Red Ribbon Campaign**

On October 24, 2008 the Consumer Advisory Board hosted a Red Ribbon Campaign at Lighthouse Counseling Center for the clients. The Consumer Advisory Board efforts resulted in a fun filled event with tee-shirts sporting the slogan "Walking in a New Direction," and numerous give a-ways from community vendors. Inspirational speakers, poetry, and singing were provided by consumers to promote prevention of substance usage and protection from HIV. The Prevention Program provided each client with gift bags containing a necklace and bracelet on being drug free, and other items. The Executive Director and New Beginnings Coordinator cooked hotdogs that complemented the snack provided for the clients. The excitement and sentiments from the clients made the event worth the effort and resulted in four individuals joining the Consumer Advisory Board. Noteworthy was the inspiring poem penned by a client (see following page).

# A Word of Thanks

To all who make the Lighthouse what it is,  
a dedication that makes all the difference  
in the world to so many...

I really thank the Lighthouse  
for all that it has done  
For helping me to be able to stand  
when I only used to run  
For helping me to be able  
to be who I am  
For allowing me the opportunity  
to be all that I can be

The Lighthouse for me has really been  
the only light in a darkened sea  
The Lighthouse is the only tower  
that has stood tall for me  
Me, the lowest  
on the totem pole  
Whom the rest of society has scorned  
and left cast out in a world so cold

I thank God for the Lighthouse  
for coming through in the nick of time  
For being what I long searched for  
but could never find

“A Safe refuge”  
from the adversities of life  
for such a strong spirit  
I often didn't know if I'd survive  
for I had given all  
and lost so very much  
I stumbled, I fell  
and was about to lose touch  
I had stopped believing  
in the good of things  
Thank you God for making the Lighthouse  
and for all the restoration it brings

I wish I had known  
of a place like this  
back before

So much time was missed  
Back when I was  
in so much despair  
When I wondered and questioned  
if God could still be there  
At the time when the “END”  
was everyday  
When I tried and gave up  
in every way  
I wish the end didn't have to be  
so far down the line  
But I'm so glad the end was found  
before this life of mine  
lay cold and still  
inside my grave  
that I surely dug  
With each and everyday  
that I gave my life  
to my stronghold  
to my addiction  
that wouldn't let me go

Until at last, one day  
in that darkened sea  
I saw the Lighthouse's light  
shining there for me

An now I've finally  
made it back to shore  
Now that my bitter agony  
doesn't encompass me anymore  
Now that I no longer struggle  
against the currents of life  
In a sea of despair  
in a constant fight

Lighthouse with deep gratitude  
I must thank you  
For being the Coast Guard  
that came to my rescue!

## STAR: A DIFFERENCE MAKER

The client is a 25 year old, single, white female who is currently the primary caregiver for her infant daughter. She came to STAR seeking treatment for a recent sexual assault by a stranger who stalked her as she shopped for her family. She was assaulted by a stranger outside her home after being followed from a local department store. Following the attack, she was afraid to leave her house at night and would not drive her car alone. She felt as if she would never feel safe again.

Through counseling at STAR this young woman has been able to regain the power and control in her life which were taken from her in the assault.

STAR counselors were able to provide effective counseling and treatment modalities which were beneficial to the client. Counselors utilize videos and handouts to educate the victim on management of anxiety, coping skills for depression, and common reactions of sexual assault victims. The STAR Program provides individual counseling, prevention education, group counseling, and advocacy to the victims in our community. We are able to offer these services to the public free of charge. Victims, regardless of economic class or inability to have health insurance, have access to counseling services which are needed to overcome a very difficult tragedy.

## HELPING MONTGOMERY FAMILIES INITIATIVE

Lighthouse Counseling Center is proud to be one of fourteen agencies participating as a multi-disciplinary team member of Helping Montgomery Families Initiative (HMFI). Modeled after a highly successful program in Mobile County and initiated by the Montgomery County District Attorney's Office, HMFI seeks to provide Montgomery Public Schools appropriate intervention services for both children suspended (but not charged) and their families.

Studies have shown there is a correlation between truancy/school misconduct and delinquent behavior. The goal of this initiative is to intervene at the early signs of misbehavior to prevent a child from entering the juvenile justice system. Once a child enters the juvenile justice system, the chances of that child escalating into the adult system are significantly increased.

This initiative will also benefit children who do not misbehave in school. Children perform better in an environment that they perceive to be safe and that is free from distractions. As the direct result of this initiative, many of the distractions will be removed, the environment will be safer, and instruction time will be maximized, thereby enriching the overall educational process.

The program serves all 58 Montgomery County Public Schools and links students and families to existing services and new resources. Lighthouse applauds this proactive initiative by District Attorney Ellen Brooks to address maladaptive student behaviors as early as possible and to involve families in the process.

### Board of Directors

Mr. David Belser  
Ms. Grace Bishop  
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*The Mission of the  
Lighthouse Coun-  
seling Center, Inc. is  
the healing, restora-  
tion, and education  
of the people of our  
community to  
effectively and  
compassionately  
improve the quality  
of life for those we  
serve.*

# Making a Difference

May 1, 2008 ~ August 31, 2008

## Volunteers

Ne'Chelle Babb  
Barbara Bartley  
Tamblyn Bohannon  
Anita Bramblett  
Alice "Libby" Britton  
Renee' Butler  
Tiffany Carstarphen  
Mia Caver  
Kelly Cochran  
Patty Dart  
Dana Dunklin  
Debby Headley

Terria Herron  
Karen Highland  
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Gwen Mann  
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Manera Saloom-Branstetter  
Gloria Sims  
Luke Stronach  
Cynthia Taylor  
Gussie Teague  
Yolanda Thomas  
Monica Walker  
Tara West  
Sheridan Wiggins  
Jaymie Williams

*We make every effort to recognize all the faithful volunteers in our various programs. Please contact us at (334) 286-5980 if we have accidently omitted you, and we will include you in our next newsletter.*

## In-Kind Donors

A Mini Flex Self Storage  
Absolutely Nailed  
Advanced Self Storage  
Bill Atkins  
Dr. Matthew Bennett  
Rick Boyett

Clear Channel Communications  
Jan Goings  
Metamorphosis Personal Training  
Studio  
Katrina Shaw

Nancy Stucky  
Dominique Swinson  
Michael & Jackie Thomas  
Mary Wadsworth  
Helen Wilson

*We strive for accuracy in donor recognition. If there is an error, please contact the business office at (334) 286-5980.*

## Memorials

### In Memory of Mable Bailey

Don & Sharon Thomason

### In Memory of Chalres Bazzell

Vivian Mills

### In Memory of James Carter

Doug Lindley

### In Memory of Stephanie Holt Harmon

Doug & Sheila Lindley

### In Memory of Jeanette Tesla

James Carmichael

## Honorariums

### In Honor of Doug Lindley

Gordy-Mead-Britton Foundation  
Lucille Groves

### In Honor of Tom & Amy Methvin

Ramona Blankenship

# Making a Difference

May 1, 2008 ~ August 31, 2008

## Financial Donors

Koye Adedokun	Down the Street Cafe	Rhonda Oates-Tucker
Aldersgate United Methodist Church, Missions Committee	First United Methodist Church, Work Area on Missions	Ricki Oliver
Charlie Anderson, Jr.	Debra Freisleben	Jurry Om
Jennie Pace Atkins	Larry Frierson	Josef C. Peoples
David Belser	Edward F. Gamble, Jr.	Sandra C. Perillard
Bethel Missionary Baptist Church, Benevolent Fund	Brent Grier	Junie Pierce III
Grace Bishop	Barrie & Laura Harmon	Prime Time Computers
Ramona Blankenship	Rick E. Harris	Carla S. Renegar
Linda J. Bracks	Teresa Houser	Marilyn K. Rhodes
Arthur Britton	Marcy Ingram	Brandi Rollins
Sid Brown	Ellen G. Irvine	Ruth Roper
Caring Foundation of Blue Cross & Blue Shield of Alabama	Mollie Isaacson	Rita Sabel
James Carmichael	Jackpot Charities	St. John's Episcopal Church, Outreach Committee
Central Alabama Community Foundation	Lainey B. Jenkins	Barbara B. Shanks
Ceil Champion	Shedd Johnson	Steve Sharker
James W. Chavers	Violet Jones	Cynthia G. Shavers
Kelly Cochran	Sally Lewis	Ezell Smith
Marie Coley	Doug Lindley	Soroptimist International of Montgomery
William C. Cook	John Lindley	Henry Stough
Jim Dahl	Diane W. Locke	Dominique Swinson
The Daniel Foundation of Alabama	Dorothy Maull	Pat Thomas
Fannie Davis	LaTasha Meadows	Austin Wade
Callie T. Dietz	Vivian Mills	Wetumpka Depot Players, Inc.
	Andrette Munnerlyn	Larry & Pat Williams
	Amy Murphy	Jonathon Yarboro
	Alicia K. Nickelson	

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## WORTH REFLECTION

*There is no true and constant gentleness without humility;  
while we are so fond of ourselves,  
we are easily offended with others.  
Let us be persuaded that nothing is due to us,  
and then nothing will disturb us.  
Let us often think of our own infirmities,  
and we shall become indulgent towards those of others.*

*~ Francois Fenelon*

## How We Make a Difference

The Lighthouse is a regional, public, not-for-profit, tax exempt corporation established in 1971 for the purpose of providing a range of charitable human services in Central Alabama. The Lighthouse administers an annual budget of approximately \$2,300,000 and offers a variety of programs. To provide these services, Lighthouse has been seen as an innovative leader in providing specialized services to the community. These services include:

### **Substance Abuse Treatment:**

- \*Intensive outpatient services (IOP) for adults
- \*Specialty services for women who are pregnant or have dependent children
- \*Co-occurring disorders programs (those who have both a mental illness and a co-occurring substance abuse disorder)
- \*General outpatient services and case management are offered as well

### **Housing for Homeless Persons:**

- \*49 units of permanent housing for homeless persons through scattered site apartments
- \*Specialty treatment for homeless persons with HIV and either a substance abuse or mental illness diagnosis
- \*Specialty treatment for homeless women with a substance abuse or mental illness diagnosis who are pregnant and/or have dependent children
- \*Specialty treatment for homeless persons with a co-occurring disorder

### **Prevention of Substance Abuse, Child Abuse and HIV/AIDS:**

- \*Substance abuse prevention programs to at-risk youth and adults throughout the community
- \*Focus on issues of substance abuse and the prevention of addiction and substance abuse
- \*Outpatient counseling, testing, prevention, outreach, case management and education services for substance abusers that are concerned about their HIV status
- \*Prevention of child abuse and neglect through after school programming

### **Standing Together Against Rape (STAR):**

- \*The Lighthouse provides the only specialized rape crisis treatment and prevention program in a six county radius
- \*Provides forensic medical exams within 72 hours following a sexual assault
- \*Individual, group and family counseling for survivors
- \*Prevention and education regarding sexual assault issues in our community

### **The Lighthouse is certified by:**

Alabama Department of Mental Health and Mental Retardation  
Department of Human Resources  
Alabama Department of Economic and Community Affairs

Alabama Coalition Against Rape  
Department of Housing and Urban Development  
Department of Public Health  
Substance Abuse and Mental Health Services Administration

# **Keep us in Mind for Valentines**

**(and Thanksgiving, Christmas and End of the Year Deductions)**

This will be our last newsletter for 2008. We appreciate the great support we have enjoyed this year from individuals, family and charitable foundations, civic clubs, business and corporations, churches and all levels of government. Your support has allowed us to provide a broader array of quality services to more clients, and to educate our community about all of our services, particularly those designed to prevent sexual assault and rape, substance abuse, HIV/AIDS, and child abuse and neglect.

As we close a year which has been economically challenging for donors as well as non-profit agencies, we hope you will continue to support Lighthouse, or some other worthy non-profit agency. In one way or another we are all serving “the least among us” and we all need your support and prayers.

And please keep us in mind for your Valentine’s gift to your significant other. This is our main fundraiser and is a wonderful way to really impress your sweetheart for Valentine’s Day. Last year’s baskets with M. Bagwell art pieces, restaurant and massage gift certificates, and much more were a hit with all who received them. So mark your February calendar with 286-5980 or [lighthousehelp.org](http://lighthousehelp.org) to order that special Valentine remembrance.

**Lighthouse Counseling Center, Inc.**  
**1415 East South Boulevard**  
**Montgomery, AL 36116**  
**(334) 286-5980 Fax: (334) 286-5993**  
**[www.lighthousehelp.org](http://www.lighthousehelp.org)**