



The Beacon

“Shining a Light for Tomorrow”

Winter 2008

Lighthouse’s “New Beginnings” Project ~ Leader in Housing

On September 24 Lighthouse received a report from the Center for Substance Abuse Treatment (CSAT), the agency within the Substance Abuse Mental Health Services Administration (SAMHSA) which funds our “New Beginnings” Project. New Beginnings is one of 87 grantees funded by CSAT under their addiction treatment for homeless (AT-HM) grant program. Of the 87 projects, 60 of them, including New Beginnings, were operational from July 1, 2005 through September 30, 2006 and each project had at least 20 clients participate in a six-month follow-up study after leaving treatment. In the Housing Category, which measured the percentage of people interviewed who own/rent a home or apartment at the time of the follow-up interview, Lighthouse’s New Beginnings project was the 2nd highest ranked program in the U.S. As you might expect, stability in housing is a key variable in helping clients with a substance abuse and mental health diagnosis (co-occurring disorder) who have been homeless to remain drug free. The Lighthouse Board of Directors and management are proud of the clients and staff of New Beginnings. This grant was renewed on October 1, 2007 for a fourth year.

Alabama Business Charitable Trust Supports Lighthouse



**Neil Mercer of Alabama Power presents check to
Doug Lindley**

On December 7, Neil Mercer, Montgomery Business Office Manager of Alabama Power Company, presented Lighthouse with a \$6000 check from the Alabama Business Charitable (ABC) Trust Fund. Under their Nonprofit Energy Efficiency Program the ABC Trust Fund awards grants to 501(c)3 nonprofits who own a building in order to help the grantee become more energy efficient and reduce electrical costs. Lighthouse is most appreciative of this support from the ABC Trust and Alabama Power and will use the grant toward the cost of replacing their outdated air conditioning system.

PREVENTION IS CARE

Lighthouse's Prevention and Education component has many programs that we deem important to the community. One of the most, if not the most important facets of our overall program, is our Child Abuse and Neglect Prevention program. For many years now Lighthouse Counseling Center has played a vital role in the prevention of child abuse, and for this reason, we wanted to inform you, our supporters, of our diligent role in the stand against child abuse and neglect.

Child abuse is defined by the Federal Child Abuse Prevention and Treatment Act as any recent act or failure to act on the part of a parent or caretaker that results in death, serious physical or emotional harm, sexual abuse, or exploitation; or an act or failure to act that presents an imminent risk of serious harm. In 2001 over one million children were victims of child abuse and neglect in the United States. In 2004, about 3 million reports were made to child protective services about the safety and well-being of more than 5.5 million children. In Alabama during the year 2004 approximately 10,110 children were victims of child abuse and neglect.

Because of such alarming numbers and growing statistics in the state of Alabama, Lighthouse's Prevention Education Department is dedicated and committed to continued efforts of teaching children about child abuse and neglect. Through our after-school programming, we empower and teach children to recognize situations that put them in danger of being abused and or neglected. Through this empowerment, children are better equipped to use their voice and take a stand against victimization.

Children are our future and when children are nurtured, they can grow up to be happy and healthy adults! Don't forget that April is National Child Abuse Prevention Month.

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*The Mission of the
Lighthouse Counseling
Center, Inc. is the healing,
restoration, and education
of the people of our
community to effectively
and compassionately
improve the quality of life
for those we serve.*

Personal Trainer Works With Lighthouse Clients

For the past 10 months one of Montgomery's premier personal trainers, Dominique Swinson, has spent an hour twice a week working with clients in our New Beginnings program. What started as a trial program at Lighthouse's main office, mainly walking and stretching exercises, has evolved into a more in depth group training program held twice weekly at Landmark Church of Christ.

As a reward for getting in shape through this program, five clients were taken on a hiking trip on the new Cherokee Ridge trails at the east end of Lake Martin in November. The day was sunny with moderate temperatures and the foliage was at its peak. All participants thoroughly enjoyed the day and expressed a desire to come back again in the spring when the rhododendrum and mountain laurel are in full bloom.

Lighthouse believes this type of program provides customized health and fitness instruction to clients, improves client's physical and emotional well being, as well as teaches them constructive ways to use leisure time. Lighthouse has made the decision to make participation in the health and wellness group mandatory for all new clients.

Making a Difference

September 1, 2007 ~ December 31, 2007

Volunteers

Ne'Chelle Babb
Barbara Bartley
Alice "Libby" Britton
Britten Brooks
Renee' Butler
Tiffany Carstarphen
LaDonna Castleberry
Mary Clark
Patty Dart
Kathryn Hassett
Melany Hatcher
Debby Headley

Latrika Henderson
Terria Herron
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Michael Howley
Karen Keifer
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Tiffany Maxwell
Mona Phillips
Junie Pierce

Manera Saloom
Yvonne Saxon
Gloria Sims
Henry Stough
Luke Stronach
Linda Thomas
Yolanda Thomas
Monica Walker
Sheridan Wiggins
Jaymie Williams
Alan Worrell
Eumekia Wright

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

In-Kind Donors

A Mini Flex Self Storage
Advanced Self Storage
Bama Lanes
Beasley, Allen, Crow, Methvin,
Portis & Miles, P.C.
Dr. Matthew Bennett
Ramona Blankenship
Blue Horizons Pictures
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Dr. Ward Smith

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

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Making a Difference

September 1, 2007 ~ December 31, 2007

Memorials

In Memory of Gaither Barrett

Mr. & Mrs. Doug Lindley

In Memory of Jeffrey Blankenship

Mr. & Mrs. Doug Lindley

In Memory of Winfred Dunham, Jr.

Anonymous

In Memory of Betty Mead Gordy

Mr. & Mrs. Doug Lindley

In Memory of Ann Muscari

Ms. Sandy Segall

In Memory of Ashley Trimm

Mr. & Mrs. Tim Binkley

In Memory of Dr. Jack Wool

Dr. Laurie Weil

In Memory of Eliza Gatewood Warren

Mrs. Peggy Allen

Mr. & Mrs. Doug Lindley

Honorariums

In Honor of Dr. & Mrs. Ronnie Barganier

Mr. & Mrs. David Belser

In Honor of Ms. Vicki Binkley

Mrs. Ramona Blankenship

In Honor of Mrs. Ramona Blankenship

Mr. & Mrs. Doug Lindley

In Honor of Mrs. Jeannie Bowen

Ms. Ramona Blankenship

In Honor of Mr. & Mrs. David Brewer

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. David Chandler

Mr. & Mrs. David Belser

In Honor of Mr. Tom DeBray

Mr. & Mrs. David Belser

In Honor of Dr. & Mrs. Wesley Dunn

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Fletcher Gibson

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Charlie Harris

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Mark Harris

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Steve Humphrey

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Bill Jackson

Mr. & Mrs. David Belser

In Honor of Mr. Tim Kemp

Mrs. Ramona Blankenship

In Honor of Miss Christine Lassiter

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Joe Lassiter

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Drew McNees

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Dean Mooty

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Clark Murray

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Dennis Nabors

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. Wylie Poundstone

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In Honor of Ms. Sara Walter

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. William Ward

Mr. & Mrs. David Belser

In Honor of Mr. & Mrs. William Ward, Jr.

Mr. & Mrs. David Belser

In Honor of Dr. Verna Wool

Dr. Laurie Weil

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 Public Health
Department of Human Resources
Alabama Department of Economic and Community Affairs

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

WORTH REFLECTION

Incline us O God! to think humbly of ourselves, to be saved only in the examination of our own conduct, to consider our fellow-creatures with kindness, and to judge of all they say and do with the charity which we would desire from them ourselves.

~Jane Austen

Lighthouse Counseling Center has a Special Treat for YOU

VALENTINE GIFT BASKETS FOR SALE!



**Support Lighthouse Counseling Center and purchase a
'one of a kind' Valentine Basket**



Baskets range in size and price from \$25.00 to \$75.00

Basket themes include:

***Pet Lovers**

***Golfer**

***Spa Items**

***Romance**

***Coffee Lovers**

***Chocolate Lovers**

Baskets will be on Display at M. Bagwell in Cloverdale

for more info call Teresa at 286-5980 or email thouser@lighthousehelp.com

**Help us help victims of sexual assault, substance abuse and
homelessness**

Montgomery Chapter of ASCPA Supports Lighthouse

On December 19, Montgomery chapter members Clif Jackson, Billy Merrill, Mandi Freeman and Helen Cleondis, along with ASCPA Communications Director Diane Christy, delivered a substantial donation of food, blankets and coats to our agency. This generous donation will enable us to replenish our food and clothes closet with essential items for our homeless and low income clients. Lighthouse is appreciative for this wonderful act of charity from all the members of the Montgomery Chapter of ASCPA.



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

A Member Agency of the River Region United Way