



The Beacon

“Shining a Light for Tomorrow”

Fall 2007

“New Beginnings” Success Story

The “New Beginnings” Project offers a comprehensive and integrated treatment approach for substance abuse, mental illness and co-occurring disorders, to homeless adults in the Montgomery, Alabama area (including Montgomery, Autauga, Elmore & Lowndes Counties) within the context of a community of supportive services. The atmosphere of New Beginnings is designed to help individuals progress in their treatment program and become fully functioning members of society. Treatment will be tailored to each individual’s needs and will provide referrals and services to assist each individual in becoming self-sufficient and a contributing member of the community.

All individuals receiving treatment are eligible and referred for permanent housing to the Lighthouse’s permanent housing project for persons with co-occurring disorders funded by HUD. What follows is a true story from one of the New Beginnings clients.

My name is Diana and I am an Addict! I am 40 years old, divorced and have 3 wonderful children.

I have used drugs for 20 years but my disease was very active and progressed tremendously over the past 3. It wasn’t until 6 months ago that I hit what I hope was my bottom. On April 3 I came to the Lighthouse for help...I had been to other inpatient facilities but it wasn’t until now that I was willing to accept what was necessary to RECOVER and that was to commit to a program other than mine which obviously had not worked.

By the grace of God, Narcotics Anonymous (NA) and “New Beginnings” ~ Today I have 7 months clean and I am on the road to an AWESOME recovery. I heard about the Lighthouse through a friend that had started the program over a year ago and I saw the difference the Lighthouse had made, and is still making, in her life. Although I had reservations I was tired, empty and any other options I had were definitely not good ones. I made a decision to give it a try. I came in and the staff here were more than willing to do whatever was necessary to help. I had no where to live, not a dollar to my name and wasn’t completely sure of anything except that I knew I wanted to stay clean and in order to stay clean I had to do whatever they suggested. So I got involved in group and built a relationship with my counselor - Larry and my caseworker - Laura who by the way are AWESOME! Being here at the Lighthouse has filled my days with Recovery, they have so many positive things to offer -- group, one on one, job possibilities and school, fitness and wellness and are willing to go the distance for each and every individual.

Lighthouse brought structure to my days and filled them with HOPE. I had to fill my nights with something positive also, so I attend NA as was also suggested by Lighthouse. I jumped right in...found a home group, got a sponsor and use her. I got involved! Today I hold a service position as alternate secretary and a chance to work with the convention committee.

Being clean and being a part of NA is just more than words can express and its because of the
.....continued on page 2...

A Note from the Director

In going through some files at home recently I came across this article from the Montgomery Independent shown on the next page. The article, dated July 15, 1976, gives an accurate history of Lighthouse and its programs from its founding by Drs. Jack and Verna Wool in 1971 through mid 1976.

Many of you will remember Ann Muscari, who is pictured with Paul Miles and myself in the upper right photograph. Ann passed away on April 18, 2007. I had the pleasure of working with Ann in 1975 and 1976 when she was Executive Director of Lighthouse and I was Executive Director of Desmond Place, Lighthouse's Drug Abuse Treatment Program. Ann was an energetic and articulate public speaker who did much to build the Lighthouse name as a "can do" agency willing to tackle tough social and behavioral health problems. She was instrumental in helping Lighthouse become a United Way agency.

I mention this not only to honor the accomplishments and memory of Ann, but to connect the history of Lighthouse to its present mission and programs. Lighthouse is still in the business of healing, restoring and educating people and compassionately improving the quality of life for those we serve. We are still tackling tough problems with the same "can do" attitude we had in 1976. As in 1976 we still need your prayers, thoughts and financial support. And as we were doing in 1976 we are still making a difference each year in the lives of hundreds of people in central Alabama.

Sincerely,

Doug Lindley, M.A., MBA, Executive Director

A Note from the Deputy Director

"Human pain does not let go of its grip at one point in time. Rather, it works its way out of our consciousness over time. There is a season of sadness. A season of anger. A season of tranquility. A season of hope." ~ Robert Veninga

Ecclesiastes 3 tells us that there is a "time" for everything under heaven...but why does it seem that times of pain go on for such a long time?

I don't know if there is just one answer to that question...but it seems to me that at times in my life I hang on to pain because it feels safer to do that than to risk what's on the other side. But if I let go of the pain, I can be sure of one thing: that I can be free.

My challenge to all who read this is simple: ask yourself what pain you are holding on to and how that is impacting your life. How much time and energy are you giving to this pain and how can you use that time and energy more effectively?

There truly is a "time" for everything under heaven...what time is it for you?

Sincerely,

Teresa Houser, M.A., Deputy Director

New Beginnings Success Story

...continued from page 1

"New Beginnings" program that I am getting my life back. It's baby steps ~ recovery is a process but it's all progress!

I will forever be grateful for the help of God, the Lighthouse, New Beginnings, NA and my fellow addicts. Grateful for all that is a part of making this possible. Because of them today positive things are happening in my life. In active addiction I lost my kids, marriage, family and was spiritually broken. In recovery I am being blessed daily ~ I have a relationship with my kids, my family, I have true friends, a strong foundation, all the knowledge that I am willing to take in and as for God, well, he is showing up and showing out! Thank you Lighthouse! Because of "New Beginnings" I believe in me and because I am able to believe in me (as one of my friends would say) the sky is the limit! Just for Today I will suit up and show up and keep coming back so that I can give back what was so freely given to me.

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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.

Where Darkened Lives Find Light And Counseling

By HAYNES THOMPSON

The Lighthouse, Inc. of Montgomery, and its youth drug treatment subsidiary, Desmond Place, will be calling on Montgomerians for financial help shortly and it would be hard to find a more worthy cause for your charity dollars.

Both organizations are dedicated to saving youngsters, particularly those between 14 and 21 years old, from lives of crime and punishment, drug abuse, venereal disease, unwanted pregnancy and the whole gamut of miseries that seem to go with broken homes and poverty.

Founded in November, 1971 by Drs. Jack and Verna Wool, on little more than a shoestring, The Lighthouse has managed not only to survive, but to grow into one of the most needed and useful organizations in town.

Open only in the evening at first, with an all-volunteer staff, The Lighthouse's initial impact was painfully slow. But by 1973 it had spawned Desmond Place for those on drugs and in September, 1975, it began offering all-day services, from 9 a.m. to 7 p.m., Monday through Friday, to the area's troubled youths and their families.

To put it all together, it took a lot of remarkable people, chief among them the Wools. As if the two doctors - he a surgeon and she a psychologist - weren't busy enough with five children of their own, they set out to help others in their rare spare time.

"The need was so pressing", recalls Jack Wool, "and there was no place the kids in trouble could go where they could relate to those trying to help them. Besides, when you are busy, being a little busier is not going to hurt you".

Montgomery insurance executive Paul Miles, who was president of The Lighthouse's Board of Directors from 1974 to early 1976 and who is still one of the most active of the 30-member volunteer board's members, says the Wools, more than anyone else, are responsible for The Lighthouse's existence today.

"They had the concept, and go the needed volunteers together to make it work", Miles told us recently.

But then, to keep it going, two other remarkable men came into the picture. With The Lighthouse running out of funds and its very existence threatened, Montgomery businessmen Perry Mendel and Mark Sabel volunteered to raise enough money to keep it going for the next three years. In less than three months, they came up with more than \$75,000 in cash and pledges from local industries, businesses, banks, utilities and the like.

That money, too, is now running out, and that's why someone from the Lighthouse probably will be asking you to chip in again.



Consider, for a moment, what's at stake:

Between January 1 and June 30 of this year alone, according to Ann Muscari, The Lighthouse director, the organization has handled an incredible 3800 distress telephone calls from troubled youngsters in need of advice and counseling.

In the same period it had provided personal counseling for 544 clients.

And through its "Lighthouse Friend" program, which is modeled after the "Big Brother" and "Big Sister" concept, it has provided a "significant other person" in the lives of 108 area youths since January 1.

Other services, according to Muscari:

Legal Night, each Monday, when free legal advice is provided by local volunteer attorneys.

Medical Night, each Wednesday, when local volunteer doctors and nurses provide such free services to 14 to 21 year olds as pregnancy detection and counseling, venereal disease detection

and treatment, birth control and family planning, and responsible sexual behavior counseling.

Since the first of the year, a total of 78 clients received free legal help, 323 went through the medical clinic and 227 received pregnancy tests.

Next door, at Desmond Place, which is devoted principally to drug rehabilitation, some 50 youths have received treatment and counseling since Jan. 1, according to Director Doug Lindley, and more than 250 since Desmond Place's inception in 1973.

If you translate that into 250 youths who might now be in prison were it not for Desmond Place, it would be hard to put a price tag on the program's value.

In case you are wondering how all of these services could have been provided during the past three years for only \$75,000, the answer lies in massive volunteer help from professionals and laymen alike.

The Lighthouse, which receives no government funds, provides 20% of Desmond Place's funding, with federal and state grants making up the remainder. Neither The Lighthouse nor Desmond Place receives help from the United Appeal of Montgomery.

Lindley, who holds a master's degree in rehabilitation counseling from the University of Alabama, says Desmond Place has "hard data" to prove that their efforts can effectively control youth drug behavior. They also have been responsible for many offenders getting meaningful jobs or returning to school after completing the program.

According to Lindley, 70% of those coming to Desmond Place for help already have felony arrest records, which means they already are in serious trouble. He estimates that only 5% to 10% are re-arrested after participating in the program, which can last from three to five months, depending on the problem.

Although a few come

voluntarily, most are there as referrals from probation officers, the courts, the police and the district attorney's office, Lindley explained, adding that about 90% come from the city of Montgomery, with the black-white ratio about the same as that of the city's population.

Desmond Place's services, however, are available to youths in four counties: Montgomery, Elmore, Autauga and Lowndes.

Blacks, incidentally, serve on The Lighthouse's Board of Directors.

High praise for the work done by Desmond Place in drug rehabilitation has come from such varied groups as the U.S. Department of Justice's Community Services Division in Atlanta and the State of Alabama Board of Corrections.

Others lauding the service are the Montgomery Police Department, the City of Montgomery's Department of Public Safety, Dist. Atty. Jimmy Evans and Circuit Judges Perry Hooper, Dick Emmet and John Davis, III.

Because of so many volunteer professionals (10 physicians, 5 nurses and 12 lawyers currently are available) both organizations operate with remark-

ably few paid staffers, giving a maximum return on each donated dollar.

The Lighthouse has only four paid staffers, including Muscari, who holds a master's degree in Counseling and Guidance from Troy State University's Maxwell Air Force Base Branch, and Desmond Place has only three, including Lindley.

When the Wools started The Lighthouse in 1971, its first home as at 436 Clayton St., across the street from the old St. Andrews Catholic Church, near Five Points. They obtained it through the help of Father Barry Desmond, then with St. Andrews, and named it after him when the drug treatment subsidiary was started in 1973.

The two facilities are now located side by side on South Court Street, just south of Interstate 85, with The Lighthouse at 830 and Desmond Place at 838.

Current president of The Lighthouse's Board of Directors is local attorney Bobby Segall, who succeeded Miles in the post last January.

Both Jack Wool and Mark Sabel credit their wives with getting them interested in The Lighthouse and Desmond Place. They had the motivation, both explained, and simply wouldn't take no for an answer.



L-R, PAUL MILES, ANN MUSCARI AND DOUG LINDLEY



DRS. JACK AND VERNA WOOL

Making a Difference

April 16, 2007 ~ August 31, 2007

Volunteers

Ne'Chelle Babb
Barbara Bartley
Dickie Blondheim
Alice "Libby" Britton
Renee' Butler
Tiffany Carstarphen
LaDonna Castleberry
Mary Clark
Patty Dart
Darold Dunlavy
Princella Golson
Kathryn Hassett
Melany Hatcher
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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.

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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 Mabel M. Cagle

Ms. Alice Dutton

In Memory of Beverly DeKeyser

Mr. & Mrs. Doug Lindley

In Memory of Junior Dunham

Ms. Cynthia Bisbee

In Memory of Ann Muscari

Mr. & Mrs. Doug Lindley

Honorariums

In Honor of Grace Bishop

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In Honor of Steve Davis

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In Honor of Teresa Houser

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In Honor of Doug & Sheila Lindley

Mr. John Lindley

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Making a Difference

April 16, 2007 ~ August 31, 2007

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STAR: “Sexual Assault Nurse Examiner Training”

Eleven Registered Nurses from around the city embarked on a new journey when they attended a week long training in sexual assault forensic nursing. The Sexual Assault Nurse Examiner training was held June 25-29 in the Baptist South Meadhaven Auditorium. The facilitator, Cheryl Lang-Hardley, SART/SANE Coordinator for Standing Together Against Rape, led the classroom course which included in-depth instruction in evidence collection by the Alabama Department of Forensic Sciences, compensation issues by the Alabama Crime Victims Compensation Commission, investigations by the Montgomery Police Department, and photographing injuries by the Montgomery County Sheriff’s Department.

Forensic nurses are called to testify as expert witnesses during rape trials; therefore the training was complete with a ‘Mock Trial’ which was coordinated by Montgomery County District Attorney’s Office staff Deb Dickey and Daryl Bailey. The trial was held in the Montgomery County District Court and RN Melany Hatcher, who attended the training, had to use the knowledge she had gained during the training. Melany had to review an actual victim’s record and then be cross examined by attorneys. The experience helped all the nurses know how important it is to thoroughly document findings when performing an exam and collecting evidence from a victim.

In addition to Melany Hatcher, the other registered nurses who participated in training were Alice Britton, LaDonna Castleberry, Patty Dart, Princella Golson, Kathryn Hassett, Susan Klinner, Ellen Shoemaker, Linda Thomas, Viola Toles, and Candace Woodham.

Just the Facts

According to the 2005 National Survey on Drug Use and Health (NSDUH), published by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), an estimated 22.2 million persons (9.1 percent of the population ages 12 and older) were classified with substance dependence or abuse in the past year, based on criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV)*. Of these, 3.3 million were dependent on or abused both alcohol and illicit drugs; 3.6 million were dependent on or abused illicit drugs but not alcohol; and 15.4 million were dependent on or abused alcohol, but not illicit drugs. These numbers are basically unchanged since 2002.

In 2005, 3.9 million persons received some kind of treatment for a problem related to the use of alcohol or illicit drugs. Despite this achievement, there are millions more in need of treatment but who are either unable or unwilling to receive it for a variety of reasons. Luckily, there is a wide range of services available to attack the problem of addiction.

Changed Lives Help Change Lives

~ Steve Davis

“I have an alcohol and drug problem. I know I need help...some kind of treatment. But I’m in the county jail right now, and I guess I’ll have to wait until I’m released to get help.”

NOT!

The Lighthouse, in cooperation with the Montgomery County Detention Facility, provides group counseling for inmates with a substance dependency diagnosis. This group therapy, called the New Life Program (NLP), provides the identical counseling that the Adult Intensive Outpatient Program (IOP) Phase I at the Lighthouse. The inmate can continue to receive Lighthouse counseling services when released.

Twice weekly, the NLP provides HIV/AIDS group education. Since this population is considered “high risk” for contracting the virus, Lighthouse offers screening, at not cost to the inmate, for those in the program.

Several months ago, Lieutenant Findley stopped me as I was leaving. She said, “I don’t know exactly what you’re doing with these inmates, but keep it up. It’s having a positive effect on the whole population.” What more could NLP want?

To summarize, the New Life Program is just one more way the Lighthouse is fulfilling its mission: “...the healing, restoration, and education of the people in our community, to effectively and compassionately improve the quality of life for those we serve.”

SIGNS OF: Possible Alcohol or Other Drug Abuse

Research has shown that there are a number of factors that make individuals more likely to initiate drug use and to progress to drug abuse and or addiction. Many of these can be identified early by family members and friends. It is important to note that many people may exhibit one or more of these signs, but not necessarily use drugs. These signs may occur in the following areas:

Family: deteriorating relationships with family; behavior changes, such as withdrawal or hostility

School: truancy; drop in grades; behavior problems

Social life: deteriorating relationships with old friends; developing a network of friends who are using alcohol or other drugs; loss of interest in sports or other favorite activities

Emotional life: basic personality changes; inexplicable and sudden mood changes; apathy

Physical: memory problems, fatigue or hyper behavior; difficulty walking; sleep disturbances; red, blood-shot eyes; carelessness with grooming

Physical evidence: disappearance of beer or liquor supply; money or valuables missing; use of cigarettes; signs of drug paraphernalia; use of incense; excess money or missing money

Source: Adapted from National Institute on Drug Abuse, National Institutes of Health

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 \$2,275,000 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 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

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

Thought to Ponder ~

**“Do all the good you can
By all the means you can
In all the ways you can
In all the places you can
To all the people you can
As long as ever you can.**

~ John Wesley

National HIV Testing Day

On June 27, 2007, the Prevention Education Program hosted National HIV Testing Day. Several area agencies helped to recognize and celebrate this day including the Council on Substance Abuse, the Montgomery Area Community Wellness Coalition, the Community Care Network and the Montgomery Police Department. The speakers provided valuable information to the community about the devastating effects of Substance Abuse and HIV. To help promote the importance of being tested, Clear Channel Communications (105.7) provided us with a live remote broadcast which had a significant impact on the number of persons tested. In all, we provided 39 HIV tests, to persons aged 14 -50. This day was a great success for Lighthouse as well as the community in that more awareness was brought to the importance of HIV testing and people who were hesitant of being tested put their fears aside and became empowered.

Heavenly Father,

Thank you for the opportunity to participate in the Lighthouse Program. Help us to conduct ourselves in an attentive and receptive manner. Help us to be courteous, respectful, and supportive of our instructor, each other, and ourselves. Let none of us interfere with the process of recovery. Help us to absorb, understand, and practice at least one principal we learn here daily, building on our foundation of a new life.

In His precious name,

Amen

~ Mary and Michelle

"...where two or more gather, there I am in the midst of them."

Substance Abuse Regional Planning Meeting

Thursday, November 15, 2007

Rooms 201 & 202, Wesley Hall,

First United Methodist Church * Montgomery

2pm - 3:30pm ~ Treatment * 3:30pm - 5pm ~ Prevention

Call (334) 286-5980 for more information

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