



The Beacon

“Shining a Light for Tomorrow”

Spring 2007

STAR Helps Take Back the Night

Lighthouse’s Standing Together Against Rape (STAR) program held the 11th Annual Take Back the Night rally on Tuesday April 10th. The event which is usually held on the steps of the Capitol gave way to the anticipation of rain and was relocated to the First Baptist Church Community Ministries Building on Perry Street.

The event encouraged community attendance as week-long radio and printed media coverage announced the pending event. Ms. Shirley Jones, Program Coordinator for STAR, served as moderator for the evening, and Mr. James Carmichael, Lighthouse Board President, introduced each speaker.

Alabama Attorney General Troy King served as the Keynote speaker. Mr. King promised the audience, as WSFA cameras rolled, that he would continue to fight for the rights of sexual assault victims to be heard in the State of Alabama. Mr. King vowed to petition for tougher sentences for perpetrators of sexual crimes and stated that he would continue to attend parole hearings on behalf of victims. Also

speaking was Colonel Paul H. McGillicuddy, Wing Commander, 42nd Air Force Wing, Maxwell-Gunter Air Force Base. Colonel McGillicuddy delivered a remarkable speech addressing the changes the Air Force has made to insure the privacy and proper treatment of military personnel who decide to report a sexual assault. He also talked about the respected working relationship that exists between STAR and Maxwell-Gunter Air Force Base. Colonel McGillicuddy presented STAR with a silver coin of commendation from Maxwell-Gunter Air Force Base for the organization’s dedicated service in the fight against sexual violence.

Ms. Sunnetta “Sunny” Slaughter, Alabama State Coordinator for the National Silent Witness Initiative on Domestic Violence, gave a heart wrenching account of her personal experience with sexual assault that touched her daughter’s life and left their family forever changed. Other program participants were Michelle Jones and Ebony Gilbert, members of ASU Theatre Guild; Joi Miner, who delivered a powerful personal poem; and Mr. Jesse Turner and the Lanier HS Drum Corp.

Survivor Psalm

*I have been victimized.
I was in a fight that was not a
fair fight.*

*I did not ask for the fight.
I lost.*

*There is no shame in losing
such fights, only in winning.*

*I have reached the stage of
survivor and am no longer a
slave of victim status.*

*I look back with sadness
Rather than hate.*

*I look forward with hope
Rather than despair.*

*I may never forget, but I
need not constantly*

Remember.

I was a victim.

I am a survivor.

~ By Frank Ochberg, M.D.

A Letter from the Director

The redemptive power of hope is an amazing thing. I know. I have witnessed and experienced it first hand twice in a recent eight day period.

On April 10th I attended the Take Back the Night rally (see article on next page) sponsored by Lighthouse's Standing Together Against Rape (STAR) program. I knew I would hear inspiring and polished speeches from Attorney General Troy King and Air Force Colonel Paul McGillicuddy, but I never expected to be moved by what followed. After Sunny Slaughter gave a riveting personal account of surviving sexual assault, "Survivor Psalm" (also included in the newsletter) was read by Ebony Gilbert. Joi Miner, an accomplished local poet, then read her own poem on the pain of sexual assault and the path to overcoming it. The poem had the power of Sandburg at his best read with the pace, clarity and conviction of Dylan Thomas. What amazing and inspiring women!

On April 18th I presided over a graduation ceremony from our "New Beginnings" program. This program is a specialized intensive program aimed at serving homeless persons who have been diagnosed with co-occurring disorders (any combination of substance addiction, mental illness, and/or chronic health condition). As each of the graduates spoke, they touched on the hope for a better life and a second chance that Lighthouse and "New Beginnings" had given them. Coupled with a spiritual awakening, a commitment to help others, and regular participation in programs like AA or NA, these clients had gained the courage and self esteem to change. What amazing people and what validation for the work we do at Lighthouse.

If you are receiving this newsletter, you have some connection to the Lighthouse or its board members, staff, and clients. Many of you have financially supported Lighthouse and continue to do so. Others of you we hope will support us in the future. We wanted you to know that your contributions and donations are making a difference.

In the months ahead we will be reporting on events of interest to you, as well as inviting you to some different and fun fundraising events. We make a difference everyday by connecting with people where they are and we hope you can experience some of that reward and connectivity through this newsletter and our special events.

Thank you for the encouragement and support which you have shown the staff and clients of Lighthouse. If we can be of service to you through our speakers bureau or any of our programs, please email me at dlindley@lighthousehelp.com or Teresa Houser at thouser@lighthousehelp.com or call either of us at 286-5980.

Sincerely,

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

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Mr. David Belser
Ms. Grace Bishop
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*The Mission of the
Lighthouse Coun-
seling Center, Inc.
is the healing, res-
toration, and edu-
cation of the
people of our com-
munity to effec-
tively and compas-
sionately improve
the quality of life
for those we serve.*

Save the Date

On Wednesday, June 27, 2007, Lighthouse's Prevention program will be hosting National HIV Testing Day. We have planned this day to bring awareness to the importance of being tested for HIV/AIDS. We know that this disease does not discriminate and we are encouraging the citizens of Montgomery and surrounding cities to come out and get tested. All tests will be confidential and best of all, it's FREE! The day will be filled with lots of other activities including food, fun, and prizes! So, SAVE THE DATE and come help to make this day a great success.

Baptist Health and Lighthouse Counseling Center: Standing Together Against Rape

Baptist Medical Center South Emergency Department understands that a multidisciplinary response is needed to serve victims of sexual assault.

In February STAR and Baptist Health joined together at four different staff meetings in an effort to provide ongoing education and information to the nurses and doctors regarding medical and psychological needs of sexual assault victims. Nurses learned how they can make a difference by becoming volunteer Sexual Assault Nurse Examiners (SANE). The basis of a SANE program is the belief that sexual assault victims have the right to immediate, compassionate, and comprehensive medical-legal evaluation and treatment by a specially trained professional who has the experience to anticipate their needs during this time of crisis. As health care providers, SANE has an ethical responsibility to provide victims with complete information about choices so victims can make informed decisions about the care they need/want to receive.

**Are you a Nurse?
Will you help us make
a difference?**

**The STAR program needs
RNs to volunteer to become
Sexual Assault Nurse
Examiners
(SANE)!**

Training begins June 2007.

**If you are interested,
please call
(334) 213-1227, and ask for
Cheryl Hardley**

WOLVES



One evening an old Cherokee told his grandson about a battle that was going on inside himself.

He said, "My son, it is between 2 wolves. One is evil: Anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good: Joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith..."

The grandson thought about it for a minute and then asked his Grandfather, "Which wolf wins?"

The old Cherokee simply replied, "**The one I Feed.**"

Making a Difference

October 1, 2006 ~ April 15, 2007

Volunteers

Barbara Bartley
Renee' Butler
Valencia Rene' Calloway
Tiffany Carstarphen
Pam Christy
Mary Clark
Wendy Evans
Monica Fowler
Ebony Gilbert
Brigette L.Green
Cheryl Hardley
Kaleshia Hawkins
Debby Headley
Hillary Henig
Terria Herron
Ebony Hodges
Michael Howley

JoAnn Johnson
Georgia Kaufman
Karen Keifer
Danielle Kelley
Melinda Kramer
Lanier High School Band
Drum Line
Gwen Mann
Charlotte Martin
LaShunda Mathews
Christopher McNeil
Joi Miner
Mona Phillips
Sandra Price
Jane Ramsey
Autwala Robinson
Marie Rogers

Manera Saloom
Michelle Sanders
Sheila Shaffer
Shay Shannon
Gloria Sims
Sunnetta Slaughter
Katherine Smith
Luke Stronach
Zavair Swannigan
Linda Thomas
Monica Walker
Petrina Watkins
Vivian White
Candace Woodham
Eumekia Wright
Shenetria Wyche

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

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Subway, 2250 Eastern Blvd.
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Vaughn Road Church of Christ
WAPZ Radio
WSFA Channel 12

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

Making a Difference

October 1, 2006 ~ April 15, 2007

Financial Donors

Aid to Inmate Mothers	First United Methodist Church,	Memorial Presbyterian
Aliant Bank	United Methodist Women	Church, Missions &
Alpha Kappa Alpha Sorority,	Gordy - Mead - Britton	Benevolence Fund
Beta Nu Omega Chapter	Foundation	Rothschild Charitable Trust
Ms. Marie Badenhop	Mr. & Mrs. Barrie Harmon, III	Southern Poverty Law Center
First United Methodist Church,	Cheryl Hardley	Sterling Bank
Operating & Benevolent Fund	Kohl's Department Store	

Memorials

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In Memory of Mary Lee Chapman Henderson

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In Memory of Mr. Jamel Mack

Mr. & Mrs. Doug Lindley

In Memory of Mr. Wiley Monroe Parrish

Mr. David Belser

In Memory of Mr. Samuel Smith

Mr. & Mrs. Doug Lindley

Honorariums

In Honor of John Blue Boswell

Mr. Kenan Boswell

In Honor of Mr. Kenan Boswell

Doug & Sheila Lindley

In Honor of Dr. & Mrs. Ronnie Barganier

David Belser

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In Honor of Mr. & Mrs. Brian Lindley

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Making a Difference

October 1, 2006 ~ April 15, 2007

Honorariums continued

In Honor of Mr. & Mrs. John Lindley

Doug & Sheila Lindley

In Honor of Ms. Katherine Lindley

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In Honor of Mr. & Mrs. Richard Lindley

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In Honor of Ms. Sara Walter

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In Honor of Mr. & Mrs. Larry Williams

Doug & Sheila Lindley

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Quality Improvement/Stakeholder Questionnaire Available

Because you receive this newsletter we consider you to be a stakeholder, i.e., someone who has an interest in our services and programs. In order to improve the quality of our services we have developed a quality improvement questionnaire. If you would like a copy of this please e-mail Teresa Houser at thouser@lighthousehelp.com or call (334) 286-5980. Your input and responses will be kept confidential. We appreciate your feedback.

Lighthouse & MACH Help Montgomery Reduce Chronic Homelessness

As an active member of the Mid-Alabama Coalition for the Homeless (MACH), Lighthouse Counseling Center (LCC) is proud to be a part of Montgomery's efforts to end chronic homelessness. The City of Montgomery and MACH were recently recognized in Philadelphia, PA, and Atlanta, GA, after releasing a report that documents a 14% decrease in Montgomery's chronic homeless population.

Lighthouse provides 49 units of permanent housing for individuals and families suffering from dual disorders ranging from mental health diagnosis, HIV/AIDS diagnosis, and/or substance abuse disorders. Ten of those 49 units are specifically for women and children. The chronic/long-term homeless population accounts for 28% (134) of Montgomery's total homeless population. In contrast, the remaining 72% consists of women, children, and men who have found themselves in a temporary state of homelessness. These individuals and families are often those who were one paycheck away from homelessness before some catastrophic event (e.g., an illness, company layoff, domestic violence, etc.) took them over the edge.

Thought to Ponder ~

“Nobody made a greater mistake than he who did nothing because he could do only a little.”

- Edmund Burke

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

New Feature-Donate Online

We have just added a new feature to our web site - a **DonateNow** button. This button enables visitors to our web site, www.lighthousehelp.com to donate online, instantly! Our **DonateNow** button is a major step forward into the growing world of e-philanthropy.

The management of Lighthouse feels that it is an important step in our five-year technology update. We believe that the **DonateNow** button will allow us to cater to a broad new audience over the Web. We are very excited because it offers a safe and easy way for our current supporters to contribute to our work and the ability to reach new supporters in a low-cost way.

The **DonateNow** feature is made possible through Groundspring.org, a nonprofit Internet foundation created by the Tides Foundation. All donations are processed by Groundspring.org, utilizing the newest secure technology developed for e-commerce to ensure that a donor's information is kept private and secure.

Be sure to check out our new **DonateNow** button at www.lighthousehelp.com.

**Coming Soon...
Lighthouse's First Annual**

NONEVENT EVENT

**Watch your mail for an invitation to this
Unique nonevent you will not want to miss!**

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