

# SPRING 2011 NEWSLETTER



KEEPING FAMILIES TOGETHER BY EMPOWERING THEM WITH THE LIFE SKILLS NEEDED FOR A DRUG AND ALCOHOL ABUSE-FREE FUTURE.



## SPOTLIGHT ON ALUMNI **Krista H.**



My life growing up was pretty normal. I was a girl scout, homecoming princess, on the honor roll, and involved in extracurricular activities. From the outside I seemed to be going places. People around me told me how bright I was, and I always had a lot of friends. It was what people didn't see that gave birth to 12 ½ years of active addiction and ultimately brought me to my knees.

I was always searching for the "the next level", a way to escape my people pleasing and extreme need for validation. At 17 I got pregnant with my son Jason. I began to lose myself more in addiction, so Jason went to live with his father. I was young and on the streets going from one bad situation to the next. I began to feel immeasurable shame from becoming a teen mom, losing my baby, and being homeless. I started using more and more along the way to fill the void. This continued on for 12 ½ years, and I became pregnant twice more. I was forced to give up my daughter Alice due to her positive test for drugs at the hospital and she has since been adopted. While in treatment in 2006, I had my daughter Brianna. But I lacked a foundation and I once again fell prey to this disease.

My clean-date is 7/15/2009. Since coming to Miriam's House, I have found my way into womanhood. I have my son Jason and my daughter Brianna living with me at Miriam's House. I am in school for Nursing and am a caretaker to my parents, both of whom have cancer. I am active in the program of Narcotics Anonymous and have a great sponsor. I am emotionally available to my friends and family, and strive every day to overcome the statistics. I live by my own personal motto: "There's *always* something *greater* to become!"

I have found a new way of living and a secure foundation here at Miriam's house. I wouldn't change anything about my past. My recovery has shed such a brilliant light on my future and shaped my life to become what it was truly meant to be. I am so grateful to be a beautiful woman in recovery with the love of my family and friends, and peace in my heart.



## SPOTLIGHT ON STAFF **Paula Rice-Sherman**

*Executive Director of the Promises Foundation*



I am proud and honored to be the new Executive Director of the Promises Foundation. I have been involved in the field of substance abuse treatment since 1991 and have been at the forefront of substance abuse treatment for women and children since 1998.

I have been working as a Director for over 12 years and I am considered an expert in this area of the field. I am an original member of the team that implemented the Substance Abuse Treatment Initiative in the California state prison system and helped formulate and lead the Pilot Program for Women and Children. I have also helped an agency get CARF Accredited, implemented a SAMHSA Pregnant and Post-Partum women's grant, along with a Specialty Family Foundation Father's Case Management grant. I have a multitude of experience and have managed every aspect of treatment programs with a lot of success. From the moment I set foot in Miriam's House I knew it was a special place to be a part of. Miriam's House provides recovering mothers with a rare opportunity to put their lives back together and gain the tools necessary to stay clean for themselves and their children.

Being a woman in recovery, I bring an invaluable insight to my work. I have been involved with a 12 step program for over 20 years and my journey through recovery has been an eye opening experience to say the least, and it has given me the ability to become the woman I am today. I started with a high school diploma and within 10 years obtained my certification as a Substance Abuse Counselor, a Bachelor's Degree in Psychology and a Master's of Science degree in Leadership and Management. It is that determination and spirit that I bring with me to The Promises Foundation.

I believe that no one is immune to the devastation caused by addiction. Through my work with individuals and families seeking recovery, I have developed a strong network of resources with surrounding communities and treatment centers throughout the nation. I believe that addiction is a family disease from which anyone can recover. I believe everyone deserves a chance to change. Miriam's House affords women and their children that chance. I am grateful to have this wonderful opportunity to help our women overcome the obstacles as I myself have, and live out my passion for helping other women recover.

# IN GRATITUDE *to our Community Supporters*



**T**hank You to Bright Horizons Child Development Center for regularly providing our children with fun, nurturing, and educational activities.



**A**t our 3rd Annual Mother's Day Celebration the women of Miriam's House were awarded 10 individual scholarships up to \$1,500 each toward their pursuit of higher education and vocational training. These scholarships were made possible by Wells Fargo, Jill and Ernie Thesman, Ann Behringer and a very generous benefactor who chooses to remain anonymous. We thank you for allowing our women to pursue their dreams and provide a better future for their families.



Thank you to Estia's Little Kitchen for continuously donating food to Miriam's House.



Sunday, September 18th, 2011

# Save the Date

## 6th Annual Polo in the Palisades

Will Rogers Historic State Park, Pacific Palisades • Benefiting Miriam's House

We invite you to join us for our 6th Annual Polo in the Palisades on Sunday, September 18th, 2011. This year we have the great privilege of honoring four remarkable individuals:

LIA IACOCCA ASSAD & VICTOR ASSAD, Philanthropists, Entrepreneurs, and Co-Founders of Freshology will accept the Promises Foundation Award for Distinguished Community Service

ROGER CANEVARI, Interventionist and Owner of Recovery Found will accept the Promises Foundation Award for Distinguished Service in the Field of Recovery

BOB FORREST, Owner and Operator of Hollywood Recovery Services will accept the Fourth Annual Bob Timmins Award for Outstanding Service



**WELLS FARGO**

The Promises Foundation is proud to have Wells Fargo as an Event Sponsor

Thank you to Team Sponsor

**PROMISES**  
TREATMENT CENTERS

For more information please contact: [talisa@promisesfoundation.org](mailto:talisa@promisesfoundation.org)

ONGOING MEETINGS AT MIRIAM'S HOUSE

Monday Night Alcoholics Anonymous  
- 7:30 pm open meeting

Tuesday Night Narcotics Anonymous Women's Meeting  
- 7:30 pm meeting

Wednesday Night Al-Anon Meeting  
- 7:30 pm open meeting for friends and families of alcoholics.

**EVENTS**

- **JULY 4TH** - Miriam's House friends and family BBQ in celebration of Independence Day.
- **AUGUST** - Messengers of Recovery put on their 3rd Annual Poker Run for the families of Miriam's House.
- **SEPTEMBER 18TH** - The 6th Annual Polo in the Palisades Fundraiser at Will Rogers State Park



The Promises Foundation/Miriam's House  
 P.O. Box 662087  
 Los Angeles, CA 90066  
 Ph. 310 636-0165 • 310-390-0800  
 www.promisesfoundation.org



**MIRIAM'S HOUSE  
MISSION STATEMENT**

To provide women and children with a sober, safe and nurturing environment, providing resources for parenting and life-skills to facilitate long-term sobriety and a successful future for them and their families.

*The Promises Foundation  
is a 501 c 3 public charity -  
Fed. Tax ID # 95-4742110*

To:

Address Correction Requested