



Nov. 2021 E-Newsletter

From ACW's Executive Director Lorette Herman

ACW Friends and Family,

Challenging times have continued, and ACW has made it through and is thriving. ACW was chosen as one of the three hundred best addiction centers in the country by Newsweek for 2021.



Our press release is included in this newsletter for your review.

In addition, ACW just received our 2nd three-year CARF (Commission on Accreditation of Rehabilitation Facilities) accreditation certifying that ACW's programs, administration, fundraising and all aspects of how we run ACW meets CARF's high international behavioral health standards. Our CARF press release is also included for you to read.

We are looking forward to the future and the upcoming holidays. Please join us virtually for our 13th Annual Bring Hope Home event on December 2, 2021. Alumni will share their successes, and an inspirational speaker will get us set for a

wonderful holiday season. Information and registration is at: <http://www.bit.ly/acwhope>. --

Lorette

From ACW's Residents

M.S. "What I have learned from ACW to get through the holidays is to stay focused. Ask the counselors and my fellow sisters for advice on any issues I may have and surrender my cell phone because I don't want any distractions from my past that will put me at risk. I am staying in contact with my family and am looking forward to my Sunday visit with my father."

C.B. “The one thing I’ve learned that is going to help me with the upcoming holidays is that feelings and emotions are only temporary. When I am feeling down or alone the best thing to do is to take a deep breath and let the feeling pass. Don’t act compulsively upon something that is only temporary. Be calm, pray and let the emotion pass.”

R.F. “What I’ve learned at ACW is that I cannot use drugs. I am an addict, and I will go all the way there with no end in sight till I get arrested in some form or fashion. I am not going to leave 5 minutes before the miracle.”

B.S. “I am getting a lot of help here in ACW and I know that if I stay, I will get stronger and sooner than later I will be able to say no to drugs. I will be able to go to work without having to think I have to hit the pipe first.”

From ACW’s Outpatients

S.K. “To me, the word addiction itself used to mean it was uncontrollable. Now after being at ACW residential, having therapy with the Ms. Liz, counseling with the sweetest Ms. Gina, having two groups 3 times a week, and my home group AA meeting on Sunday, I understand that this disease is treatable. I know that this is psychological more than anything else, but I used to think that addiction was only on a physical level. I’ve grown since then. Bring on the festivities because I got this. Before treatment, I would feel a huge craving to drink beer if I was hungry or thirsty, I would drink 3 bottles over what I should have, think I’m killing two birds with one stone and then tell myself it is not that bad. Causes of addiction aren’t so general to me anymore. There are multiple causes for why I’m an alcoholic. I thought it was just from living with my ex, but it stems further back to my childhood insecurities. I didn’t really understand before how to treat this disease. I just thought you should stop cold turkey or not at all. Speaking of turkey, I’m ready for Thanksgiving and Christmas because I’m in control of my own body and my own life. I learned everything I know about addiction from ACW. I just want to say I’m grateful the universe led me to this program.”

A.A. “ACW has helped me prepare myself for the holidays by knowing myself a lot better and not just that, but ACW got me ready for the real world. The tools that have been given me; I have implemented into my daily routine. Knowing who and what to surround myself with has been very helpful. ACW has been a great support all around, mentally, spiritually, and physically. Knowing how to recognize my triggers and knowing how to confront them without fear and doubt, has changed my life. I am beyond thankful for Ms. Espanola, Ms. Gina, Ms. Linda, Ms. Moran, and Ms. Liz for all their wisdom, advice, and tools they provided me. I love ACW!”

Want to Support ACW?

Upcoming Fundraisers and Events

Bring Hope Home, ACW’s inspirational holiday event, is December 2, 2021, at 6:30pm via Zoom to keep everyone safe. Register at <http://www.bit.ly/acwhope> and send in your own inspirational video.

ACW Needs:

NA/AA books	\$ 1,000
Bath and Face Towels for the Miracle House	\$ 500
Games, coloring books, puzzles (new or slightly used with all the pieces)	\$ 0
Books/games for residents to play with their children during visits	\$ 0
Gardening equipment, shoves, gloves, clippers (large and small), Dirt, seeds, planters, etc.	\$ 400

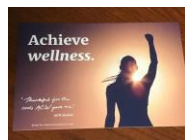
Get an ACW Brick! www.bricksrus.com/order/acw

Commemorative ACW bricks are installed in front of ACW’s McMillen Family Foundation Miracle House. See the following link for bricks already installed to date, so beautiful and uplifting.

Purchase ACW’s Post Cards.

Our beautiful postcards are a great way to communicate with friends and support ACW.

- 1 for \$1.50
- 5 for \$5.00
- 15 for \$10.00
- 30 for \$20.00.



Get some ACW SWAG! <http://alcoholismcenterforwomen.org/acw-swag/>

Do you Shop at Ralphs?

If you do please sign up to have a percentage of your purchases go to ACW. Just go online at www.ralphs.com, click on “Sign In”, enter your email address and password, click on Your Name, click on Edit Community Contributions then complete the information with your new organization number.

Financial Contributions

Please consider becoming an ongoing ACW donor. Donating is simple: Go to our website: www.alcoholismcenterforwomen.org/donate to make an online donation or mail your donation to: ACW Donations, 1147 South Alvarado Street, Los Angeles, CA 90006.

About ACW

Aimed at moving patients from addiction to wellness, ACW’s program structure, tools and pathway provide a holistic approach to mental and physical wellbeing. Please see our website for more information (www.alcoholismcenterforwomen.org) and like us on Facebook (www.facebook.com/alcoholismcenterforwomen).



Questions? Need Help?

For questions and enrollment please contact: info@acwla.org or call:
(213) 381-8500
1147 South Alvarado St, Los Angeles CA 90006
(213) 381-8500 | info@acwla.org
www.alcoholismcenterforwomen.org

We are here to help.

Alcoholism Center for Women Presents
The 13th Annual

Bring Hope Home

A FREE VIRTUAL HOLIDAY EVENT

"Bringing hope home for the future"

Join Us

December 2, 2021
6:30 - 8:00 PM PST

RSVP at
bit.ly/acwhope



Scan here for
event details!



alcoholismcenterforwomen.org | info@acwla.org



FOR IMMEDIATE RELEASE
October 15, 2021
Executive Director

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**The Alcoholism Center for Women Recognized on Newsweek's America's Best
Addiction Treatment Centers 2021 List**

Los Angeles, CA – The Alcoholism Center for Women, Inc. (ACW), a 501c3 non-profit, is proud to be included on Newsweek's list of recommended treatment centers. This important ranking is presented by Newsweek and Statista Inc., the world-leading statistics portal and industry ranking provider.

The list is an integral part of Newsweek's commitment to reporting on all aspects of health care, most importantly, covering new developments that could have significant meaning for their readers. Their recent partnership with global market research firm Statista Inc., produced a list of the 300 best U.S. treatment facilities that focus on addiction.

Newsweek's America's Best Addiction Treatment Centers 2021 List highlights the nation's top treatment facilities based on quality of service, reputation, and accreditation relative to competition in their respective states. Facilities in the 25 states with the highest number of addiction treatment centers, according to the Substance Abuse and Mental Health Services Administration (SAMHSA), were included in the survey. The rankings feature the top 300 inpatient/residential and long-term addiction treatment centers.

Newsweek's evaluation process was comprised of three steps:

- **Recommendations from peers:** Thousands of medical experts (therapists, counselors, medical doctors, administration & staff working in addiction treatment facilities) were invited to complete an online peer-to-peer survey.
- **Quality Score:** Participants were also asked to rank the treatment dimensions which influence the quality of rehabilitation facilities.

- **Accreditation Score:** The Substance Abuse and Mental Health Services Administration (SAMHSA) provides data for addiction treatment centers. Specifically, SAMSHA lists accreditations relevant to addiction treatment centers.

Lorette Herman, ACW's Executive Director, commented, "ACW's ranking is especially significant as we are one of only three non-profit treatment centers in Los Angeles County that made the list. I am so proud that we are recognized with other treatment centers that operate with much larger budgets and resources than ACW. On behalf of my staff and I, we truly appreciate the confirmation and recognition that our programs, and services are empowering women to make positive choices that directly impact their health and wellness."

ACW was established in 1974 with a passion and mission to empower women to make new choices for positive futures. The center serves the women of Los Angeles County who find themselves in need of substance abuse treatment who may also need help with mental health, homelessness, domestic violence, medical care, probation/parole and/or the department of children and family services. ACW is CARF accredited and licensed and certified by the State of California Department of Health Care Services to provide residential, outpatient and intensive outpatient services. In addition, ACW is recognized and certified to provide our services to pregnant and postpartum women.

A well-known part of LA's Pico-Union neighborhood, ACW has long collaborated with city officials who have supported and acknowledged the value ACW brings to their community. "The Alcoholism Center For Women has been a long-standing, dedicated resource in Council District One, the Pico-Union Community, offering women safe housing, drug and alcohol treatment, and hope for family reunification and improved lives," stated Los Angeles Councilman Gil Cedillo. "We applaud ACW's work and are thrilled to hear that ACW was included on the list of Newsweek's Best 2021 Treatment Centers."

Dr. Gary Tsai, Division Director of Los Angeles County Department of Public Health's Substance Abuse Prevention and Control states, "The Alcoholism Center for Women's (ACW) passion for providing excellent care for women is evident in everything they do. As a CARF accredited organization, they offer quality services that are both trauma-informed and evidence-based. I am thrilled that ACW is being recognized by Newsweek as one of America's Best Addiction Treatment Centers 2021 as a way to promote their good work."

ACW Board Chair Jeannette Bronson stated, "I am very proud and not surprised ACW was selected as one of Newsweek's America's Best Addiction Treatment Centers in 2021. I have friends that came to ACW in the 1980s and continue to thrive in their sobriety. They give back to the community in ways that are visible and quantifiable and ways that no one else will see or imagine... but the world is a much better place with them as functioning members of society, and much of that is owed to their time spent at ACW. ACW has remained effective for decades not only because of their relentless commitment to providing the best services for women's health and recovery, but also due to their desire to offer additional resources to their clients. ACW was one of the first nonprofit substance abuse centers that added a trauma/DV therapist and staff nutritionist, removed candy filled vending machines, and made ACW a smoke free center. None of those changes were easy, but our clients are much better off because of them."

FOR IMMEDIATE RELEASE

NOVEMBER 3, 2021

Contact: Tom Sefcik, 740-272-1935

ALCOHOLISM CENTER FOR WOMEN ACHIEVES 3-YEAR CARF RE-ACCREDITATION

Los Angeles, CA – A passionate team at the Alcoholism Center for Women has achieved their second 3-year re-accreditation from CARF International (Commission on Accreditation of Rehabilitation Facilities). This approval followed an intensive review and evaluation. CARF surveyors assessed the compliance of the first center of its kind on the West Coast to a strict set of standards that reflect an organization’s pledge to excellent care, environmental safety, and services.

“ACW provides life-saving and life-changing drug and alcohol residential and outpatient treatment to over 350 women per year,” says Lorette Herman, Executive Director of the Alcoholism Center For Women (ACW). “Our programs are supported with trauma/domestic violence education and therapy, family therapy, nutrition, anger management, art therapy, parenting and case management linkage to community-based organizations for other needed services.”

ACW was accredited for its residential, outpatient, and intensive outpatient programs which are certified by the state for all women with an additional certification for-pregnant and postpartum women.

“We put the well-being of women first,” says Herman. “We became one of the first nonprofit substance abuse organizations to hire a nutritionist to change the diet and increase the health and wellness of the women when nutrition was not recognized as important for those in early recovery. In addition, we went smoke free in January 2020.”

ACW provides a majestic setting in two restored turn-of-the-century homes in the Pico-Union/Westlake District of Los Angeles. “None of these changes were easy but they all improved our clients’ health and gave them a better chance at long term recovery,” says Jeannette Bronson, ACW’s Board Chair.

Often, healthcare organizations will enlist the assistance of a consultant with years of experience to assist with the process of accreditation readiness. ACW reached out to PowderHorn Consulting to guide organization staff through its re-accreditation.

“They are the best!” adds Herman. “PowderHorn helped us obtain our first 3-year accreditation so we wanted to keep working with them afterwards. We are so glad we did.”

The Mission of the **Alcoholism Center for Women** is to empower women to make new choices for positive futures. “We offer women a second chance and they tell us regularly how grateful they are for that,” says ACW Board Chair Jeannette Bronson. “I am grateful for second chances. I have friends who

came to ACW in the 80's, and now have over 30 years of recovery because of ACW and the second chances ACW provides any woman who comes through the doors. I am honored to be part of an organization dedicated to helping women obtain long term sobriety and to make the choice for a better future for themselves." For more information, go to <https://alcoholismcenterforwomen.org/>.

CARF International is an independent, non-profit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of the persons served. CARF establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services. For more information, go to www.carf.org.

Over 350 rehabilitation facilities, and 100% of clients, have received accreditation through the assistance of **PowderHorn Consulting**. Specializing in The Joint Commission and CARF accreditation, the consultants, with over 220 years of experience, offer a wide range of services to health and human organizations in the United States and Canada. Sixteen years in business, Powderhorn Consulting has a proven record of accomplishment. For more information, go to www.PowderHornConsulting.com.

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