



Volunteers of America, Utah Newsletter

Spring/Summer 2013

Transforming Lives - By Kathy Bray, President & CEO

When we opened our first Detoxification Center 26 years ago we knew we were filling an important community need. Over the years, we've realized just how important the work we do is to some of the most vulnerable people in Salt Lake County.

Our Detox Center served 1,700 people last year at our original location, 252 W. Brooklyn Avenue, and it underwent construction for a new, improved facility. Over the past several months we have added a second floor to the building, improved our dormitory living area, expanded the space for our transitional living clients, added a private intake room and provided offices for clients to meet with case managers. The newly remodeled building allows us to serve more people in need of detoxification.

For many this is a life saving service, a chance to start over, and a first step toward a life free of drugs and/or alcohol. We operate in a non judgemental environment, such that if it takes someone multiple attempts to get sober, we don't give up on them. Our doors are always open.

Most of the men and women we serve through Detox are either homeless, on the verge of being homeless or living in poverty. Many have no way to pay for these critical services. That's where the generosity of the community comes into play. We are thankful for the support of Salt Lake County Behavioral Health, many foundations and private donors.

If you want to learn more about our services or donate, please visit our website at voaut.org.



New Ways of Helping Homeless Youth

In January, staff at Volunteers of America's Homeless Youth Resource Center implemented new programming aimed at helping homeless young people move toward a life of independence. The new programming includes morning workshops, case management, employment services, fitness and self sufficiency time. Youth who come to the Center from 9:30-1:00 are encouraged to work toward a goal. Many are working on getting an ID, looking for jobs online, meeting with staff about mental, emotional and physical health issues or talking with a counselor about substance abuse. Charis Pankratz, program manager said, "The new format allows youth more one-on-one time with staff, more time for conversations. This has resulted in more people finding housing, getting ID for jobs or apartments and setting personal goals."

At 1:00 the Center opens for lunch, drop-in hours and then dinner.



Rowland Hall students draw attention to the number of homeless youth in our area.

Services Support Mental Health

Volunteers of America, Utah sees how unaddressed mental health problems can create life long barriers for the people we serve. We help in many ways from providing referrals to places that can help, transporting people to available services, to providing professional counseling. Here are the programs VOA operates that provide mental health services.

Cornerstone Counseling Center

Domestic Violence Counseling - Our focus is to aid the individual in overcoming the devastating impact of domestic abuse, to treat the resulting psychological conditions, and improve the persons overall quality of life. Beyond individual psychotherapy, there are several different treatment options for adult survivors of domestic abuse. In particular, two groups focus on treating the symptoms of post traumatic stress that often result from the abuse. A greater focus in these groups, however, is an effort to re-establish a sense of safety, an improved sense of self, and trust.



Intensive Outpatient Mental Health Treatment - This program is designed for adults and youth 15 and over who are stepping down out of a more intensive therapeutic intervention or who may need additional structure and support in their lives. The program uses mindfulness, dialectical behavioral therapy, independent living skills, medication management with on-site prescriber, and community referrals for additional resources to support clients in developing and maintaining stability. This program is for Medicaid funded adults and youth. Call 801-355-2846 for details.

Homeless Services

Homeless Outreach Program - Five days a week outreach workers provide basic needs and assistance to homeless people, many of whom may require mental health services. Once a week, the Outreach team is accompanied by mental health professionals from Valley Mental Health. This gives clients a chance to talk about problems with someone who has the resources to help.

Medical Outreach Services Team (MOST) - In addition to the Homeless Outreach team, VOA has an outreach worker who partners with medical professionals from Fourth Street Clinic. Together they comb the streets of Salt Lake County seeking out a population that is overlooked by many service providers and resources. The MOST team is able to provide medical treatment right on the streets. When presented with a patient in need of mental health services they can help that individual make appointments, provide transport to appropriate facilities and help by building trust with people in need.

Summer Water Donation Drive

Throughout the year, Volunteers of America's Homeless Outreach workers and Street Outreach team for Homeless Youth seek out the invisible and forgotten members of society. They look under bridges, along rivers, in the foothills and in obscure places for people who have nowhere to live. Part of this work is building trust with people and providing for basic survival. Workers do this by handing out food bags, new socks and water to people on the streets. During the summer months it is critical that the workers have enough water to give to people to prevent dehydration, stave off heat exhaustion and provide comfort. Please consider putting together a donation drive for water or making a financial contribution toward the Summer Water Donation Drive.

Donations can be delivered to:

**VOA's Admin. Office or Cornerstone Counseling Center
435 or 447 West Bearcat Drive**

(Times Square Office complex across from RC Willey on 300 West)

Monday to Friday 8:30am to 5:00pm

Or make a financial contribution at voaut.org.



Homeless Outreach staff, Char McCuaig and Ed Snoddy assist a man on the streets. Photo by F. Kjelseth

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Inspiring Sobriety - I Remember Mama 2013



Mary Jo McMillan, Kathy Bray and Robert Ferris present Patty Golden with the 2013 Outstanding Woman in Recovery Award.

On May, 9, 2013 Volunteers of America celebrated another inspiring I Remember Mama banquet. This event has been a long standing tradition for the agency. Women in Salt Lake County residential substance abuse treatment programs are invited to the banquet to celebrate sobriety. This year's key note speaker was Geralyn Dreyfous. Ms. Dreyfous shared her creative energy and knowledge of the film industry with guests.

Patricia Golden was awarded the agency's 2013 Outstanding Woman in Recovery award. Patricia shared her personal and powerful story of recovery and her current work in the field of addiction. Former Outstanding Women in Recovery were also in attendance and offered inspiration.

Two women were awarded the Womenade Self Sufficiency Awards to help them on their next steps toward a life of sobriety and independence. This is the 7th year that Womenade, a local women's organization, has provided financial awards to I Remember Mama participants.

Pamela Atkinson and Kathy Bray also inspired women to stay the course and live rewarding clean and sober lives.

Reaching Out Through Volunteer Service

"One of the great things about Bob (Lake) is his compassion and genuine care for our clients here at Detox. For years he has rounded up volunteers for a Bingo and ice cream social, almost monthly. He and his volunteer groups play Bingo side-by-side with clients and interact with them in a respectful and caring way. Bob takes the time to educate others on what our clients may be experiencing with addiction and homelessness, in a very loving way. Besides all of that Bob genuinely cares for our clients. It's evident when he remembers their names and stories and when he asks how they are and really wants to hear their answers. He's a great example of charity in action. We appreciate all that he has done for Detox and especially for our clients." Sue Ativalu, Program Manager

"Our board of directors is very involved with our fundraising efforts, the quality of our programs, and the overall stability of our affiliate," said Kathy Bray, President & CEO.

Bob Lake is a great example of the dedication our board has to service. We also have a member, Robert Yorgason who chairs our Silver Spurs Gala. Martha Crook, board member oversees our Homeless Youth Backpack campaign each year. Two local board members also serve on the Volunteers of America National board of directors, Dr. Barbara Sullivan and Dr. George Nikopoulos. These are just a few examples of involvement from board members. It takes a big commitment to serve on such an active board and we are grateful every day for people's service, said Kathy. All of our board members also donate financially to the agency.

Please join Volunteers of America in thanking our board of directors for all that they do.



Don Russell, board chair, Rob Millard, treasurer, Lorraine Jones, secretary, Kathy Bray, president and Bob Lake, past chair.

Board of Directors

Don Russell, Chair

Rob Millard, Treasurer

Lorraine Jones, Secretary

Kathy Bray, President & CEO

Jason Burrow-Sanchez

Brad Burton, Chair Elect

Martha Crook

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Bob Lake

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Robert Yorgason

Nicole Cushing, Emeritus

Barbara Sullivan, Emeritus



Pamela Atkinson celebrates a win, with Robert Yorgason, at the Silver Mine game.



Save the Date - Silver Spurs Gala, September 20, 2013

Dust off your cowboy boots for another entertaining Silver Spurs Gala. Volunteers of America's 3rd annual Silver Spurs Gala will take place from 6-9:30pm on Friday, September 20th at The Gathering Place at Gardner Village. This casual event includes great live music, dinner, auctions and tons of fun. VOA will be awarding American Express with it's Spirit of Giving Award at the event. Sponsorships, live and silent auction and game prizes are currently being accepted. To learn more call Michelle Templin-Polasek at 801-875-4586 or e-mail michelle.templin@voaut.org.

Tickets are \$125 each or \$1,200 for a table of 10.



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This is why we do what we do.™ - Thank You Donors

Smith's Food and Drug

In May, Smith's Food and Drug/Kroger awarded VOA with a check to build a much needed storage shed at our Adult Detox Center. The shed will allow us to continue to cut food costs by providing storage for food donations and other supplies for people in need. Thank you Smith's!



University of Utah MSW and BSW Students

Students in the Master of Social Work and the Bachelor of Social Work programs at the University of Utah held events to raise money and awareness for VOA's Homeless Youth Resource Center. They gave to our campaign for a new Center that will provide overnight shelter.



IKEA - Draper, Utah

With the help of our community, VOA won a \$10,000 grant from IKEA to help furnish our Young Men's Transition Home. We had a fire at the house in 2012 and it will be rebuilt this summer. Once open, the home will provide 14 beds for homeless young men where they can work toward independent living.



Sherwin Williams

Employees of Salt Lake area Sherwin Williams stores came out in force to help out at Cornerstone Counseling Center. Cornerstone group rooms and waiting areas received a fresh coat of paint. These rooms serve hundreds of people each week. We are grateful for all of the hard work of Sherwin Williams.

