



In The Know

SACRED AUTHORITY LEADERSHIP & ADVOCACY TRAINING

Sacred Authority Trainers conducted a Leadership and Advocacy Training in Thomasville, Georgia at The Heritage Foundation's Maya's House. 25 mothers in recovery and their allies attended this two-day training. The training began with a Crossing the River workshop. This written and expressed word workshop helped the mothers uncover the hidden layers of silence and fear and recover lost parts. Additionally, the participants further developed leadership skills, learned about current federal and state policies that affect them and their programs and were trained in practical advocacy skills. These men and women were empowered to speak their truth to power and have joined a national network of parents in recovery and their allies so that best practices for vulnerable families become the rule, instead of the exception.

"I was never offered treatment each time I ended up in jail for drug related charges. I had to beg for help. They want to keep putting me in jail but they don't want to help me. If I didn't come to Maya's house I don't know where I would be."

~Jillian

"My children are my motivation. You take my children then you take my motivation to heal from the trauma I have endured and my addiction."

~Keesha

ISSUES IDENTIFIED:

- DFCS has non-reunification status for families, which means that DFCS does not provide any reunification services for families.
- Medicaid is taken from parents, though if I am not healthy I can't take care of my children. I make \$700 a month and make \$1 too much a month to receive Medicaid.
- Maya's House is the only family treatment program in 41 counties and only has 15 beds. Our waiting list is long.
- There are no school buses in Thomasville city to take our children to school and we don't have cars.
- Bridgeway has 10 beds for state funding and receives over 200 calls a month from people seeking treatment.

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HIGHLIGHTS FOR THE QUARTER

- September 2008—19th Annual National Alcohol and Drug Addiction Recovery Month
- September 6—Friends and Family Day
- September 26—Staff Meeting
- October 4—Friends and Family Day
- October 31—Staff Meeting
- November 1—Friends and Family Day
- November 27—Thanksgiving Day Office Closed
- December 5—Friends and Family Day
- December 25—Christmas Office Closed

BE PENNY WISE AND ECONOMICAL SMART

By Leon Jones, Chairman of the Board

Some time ago I wrote about the challenge of change. I spoke to the issue of flexibility and that we must continue to provide the very best service to our clients. The Heritage Foundation, Inc. is affected by the economy as all other service organizations but we are committed to providing professional service consistent with our mission and goals.

Our country and our world are experiencing the most difficult economic depression in most of our memory. Our leaders say that we are not in a recession or depression but goods and services of all sorts are at an all time high and are rising at an alarming rate. The energy crisis has affected everything in our economy and our life. Attitudes and behaviors are affected by the environment in which we currently live but we must maintain our integrity and professionalism at all cost.

Now is the time for each of us to be penny wise and economical smart. We must be aware of the need to conserve energy and use our existing resources wisely. We must think outside of the box while faced with

these difficult challenges.

Some penny wise decision such as cutting of lights when not needed; combining trips whenever possible to eliminate unnecessary travel; keeping the air and heating thermostats at 73 degree at all times; make sure that exterior doors are closed when not being used; make sure that the hot water is not running when not actually being used. These are but a few things that we can do to reduce expenditures during these difficult times.

On a personal note, let me make a suggestion on how you can save money even during this economical struggle.

What am I talking about? A gentleman told me that the wise person can yet save a few dollars in these economical difficult times by saving a portion of your hourly wages. He suggested the following formula for savings.

Save just one dollar of your hourly wages each day. Let's just say

your hourly salary is \$8.00 an hour; that equates to \$64.00 a day times 5 days equates to 320.00 a week. You save \$8.00 a day for five days. You would have saved \$40.00 for the week. In a month you will have saved an average of 160.00 of you salary. If you would do this for 12 months, you will have saved \$1,920.00. Perhaps this does not sound like a great deal but a Penny saved is a penny earned. Do this

math. If you would do this for a period of ten years or more, this could be an investment in your retirement or education for your children.

A rule of thumb for managing your money goes like this: Save a 10th of your salary; give a 10th of your salary; spend 60% of your salary on absolute essentials (food rent, fuel, clothing, etc); spend a 20% on family and yourself.

Remember the important thing is your receiving comes by your giving.



ITSY BITSY!

By Betty Davis, Children Program Specialist

Since our last article we've had some new arrivals to our Therapeutic Childcare Program. Out of the three new entries to our program, one has been identified as a special needs child. This little girl is a two year old who has problems using her left hand, and she walks with a limp. She is very energetic and happy about everything. She is the kind of child that bubbles with laughter and brings smiles out of gloom, joy out of



sadness and hope for the future. Our little girl has been assessed by a program called Babies Can't Wait. She's now receiving physical and occupational therapy to help her learn to use her hand without fear and walk with confidence. It's a thrill and a joy to see her doing her best at maneuvering her fingers and hand picking up items and holding them in her hand. She's beginning to kick with her left foot, go up and down stairs without a caretaker's help. Babies Can't Wait meets with her every week giving her the

therapy she needs to become an independent individual. She is so motivated to do her best during therapy. Her therapist says that she is a joy to work with because most children her age don't respond willingly to the therapy. Each day we are rewarded with new strides, giggles and successes. It is a pleasure and a blessing to see the children blossom and grow under the tutelage of the Maya's House Therapeutic Childcare Program.



YOUTH EMPOWERMENT SERIES

By Deborah Miller, Program Coordinator, Prevention Specialist

The YES Summer Program is in full swing now. We currently are serving twenty six youth and adding more youth every week since May 27, 2008. Some of our youth arrive as early as 7:30 a.m. and leave as late as 5:30 p.m. The YES Summer Program and our Thomasville Sycamore Centre have joined together and are serving both groups of youth. Our daily schedule consist of Socialization Time, Academics, Snacks, Group Time, Computer Time, Time in the park and last but not least, our field trips. Quest which are the favorite three things they like to do. Yep!! You quest it. Computer time, time in the park and the field trips are the top three. So far the youth have gone bowling, to Wild Adventures, and done Lunch and Movies at Governors Square Mall. The youth have been



having a wonderful time and are looking forward to our upcoming field trips to Fun Station, Martin Luther King Center and Coca-Cola World in Atlanta, and Panama City Beach. The children are on their best behavior as trip times approach because they know how important it is to be able to follow the staff's rules so they can participate during the next field trip. The youth know that in order to have fun with their friends and be safe, they have to be alert to their surroundings and never walk away from the crowd.

Summertime can be a time when our youth stop reading and chill out as they say it, so that's why we have academic time so they can stay up to date on their skills. The youth read books and give verbal reports to

the group about the book they have read. The youth do math problems on the board, as well as spelling and definitions. To make it interesting, they don't know if they will have worksheets or get to come up the front of the class. This keeps them on their toes.

Mr. De'Mario and Miss Nicole, assist by facilitating the drug and alcohol aspects of the program as well as social skills on Tuesday, Wednesday and Thursday morning. I would like to thank Miss Nicole and Mr. De' Mario for generating our off campus field trips list.

Hooray to all the participants for getting promoted to their next grade.

Have a Safe and Productive Summer and remember, "There are only two ways to establish competitive advantage: do things better than others or do them differently."

20 YEARS!

By Antionette Marria

Heritage Foundation, Inc. is preparing for its 20 year anniversary. I can't tell you how exciting it is to be part of this special upcoming event. The Heritage Foundation, Inc. stands committed to providing the best possible services to the consumers we serve. Our vision statement is to provide all persons an opportunity to achieve a rewarding, healthy, and productive lifestyle. Isn't it beautiful to see the many individuals in our world who passionately give the opportunity for an improved and rewarding lifestyle to persons that have experienced hardships. It is rewarding because our staff provides persons experiencing hardships with basic services in education, substance abuse treatment, conflict resolution skills, decision making, and computer liter-

acy and job readiness training. With these tools they're more equipped to go back into the community and live improved and productive lifestyles. The reason behind this outcome is because the Heritage Foundation, Inc. is dedicated to providing our consumers with the highest level of service possible. As a result of our commitment we have been in existence for almost 20 years and during those years we've done nothing but blossom into a harvest of greatness. Our programs include the Youth Empowerment Series (YES), Sycamore Centre' Albany/Thomasville, Maya's House, and House of



Focus. In preparation for our 20 years of achievements our staff will be putting together a yearbook that will focus on our past, present, and our future goals for the organization. In addition the yearbook will be a continuation of the 1993 edition that focused on various members of our community and their accomplishments. We will keep you abreast on the details of our 20 year anniversary and the yearbook in our next newsletter.

Support The Heritage Foundation, Inc. as we continue to "Celebrate Ourselves."

COMMUNICATION is



By Nicole Washington, Family Consultant

Summer was great and now it is time to embrace another school year! As we purchase clothing, school supplies get hair cuts and hair dos we also have to remember it is also time to develop new relationships. It is important to remember just as we have different personalities and expectations so do the new teachers and schools our children will encounter for the 2008-2009 school year. Here are a few things that will help you and your child have a smooth transition.



Learn everything that you can about your child's school. The more you know, the easier your job as a parent will be. Review the school handbook with your child and ask the school principal or guidance counselor to answer any questions you or your child has about the schools rules and regulations.

Find out if your child is on target. Review your child's progress from the previous year and what is required for this year. This will help you guide your child through the school year and ensure that they are taking the required class and meeting

any state standards the school has for that particular grade.

Ask about specific teaching methods and materials—is your child required to read a certain number of books, write certain types of reports using a specific guideline, pass state required tests and if so what scores are required. Ask about services the school provides for tutorial or test taking.

If there are tests your child should begin taking for college purposes SAT, ACT etc. and if there is financial or transportation assistance available through the school or other social organizations.

Ask if the school has a Web site and, if so, get the address. School Web sites can provide you with access to all kinds of information—schedules of events, names of people to contact, rules and regulations and so forth.

Keep informed throughout the school year. If your schedule permits, attend PTA or PTO meetings. If you are unable to attend, ask that the minutes of the meetings be sent to you.

Get email addresses of your child's teachers and make your phone number and email address available to each teacher and the school guidance counselor. Open communication is important between you and your child's teachers.

Make your child feel you are concerned about their progress in school. Attend school events. Go to sports events and concerts, attend back-to-school night, parent-teacher meetings and awards events, such as a "mom, dad, grandparents" breakfast.

Volunteer in your school. If your schedule permits, look for ways to help out at your child's school.

Schools often send home lists of ways in which parents can get involved. Chaperones are needed for school trips or dances etc. Being active in your child's school is important.

Remember communication with your child and your child's teacher is KEY to making sure your child receives the support they need throughout their school year!



SUBSTANCE ABUSE SERVICES FOR ADOLESCENTS

By Marvalon G. Johnson, Family Consultant

Many children and adolescents use alcohol and other drugs. Some develop serious problems which require professional help to control. Such as inpatient treatment, outpatient treatment, twelve step programs, and dual diagnosis units for individuals with emotional and substance abuse problems.

The Sycamore Centre was established in 1999 in response to the need for accessible, effective and engaging alcohol and drug interven-

tions for young people between the ages of 12 - 17 who are experiencing significant problems with their alcohol and/or drug use.

The Sycamore Centre provides both **Substance Abuse Treatment** (for teens that currently use alcohol or other drugs on a regular basis. These teens may be court-involved due to drug or other offenses and may be having problems at school or at home). and **Substance Abuse Prevention** (for teens

that have not experimented with substances, or have experimented with substances but are not using on a regular basis. These teens may be court-involved due to drug or other offenses and may be having problems at school or at home).

The Sycamore Centre's primary goal is to reduce the impact of substance abuse problems on the lives of youth (up to 17-years-old) and their family members.

MAYA'S HOUSE . . .

To Mrs. Gloria Jones, the founder of the Heritage Foundation Inc. I am so grateful to you for allowing women like myself to be able to get into a program like this one. I have learned a lot about myself and about my addiction. I have learned tools to use to work with when I leave the House of Focus to carry with me in my everyday life. This program has given me stability in life again, that is a chance to get it together and become a productive citizen in the community. I would like to meet you one day,

Mrs. Jones.
Thank You,
C.T.

"I'm In the Cocoon Breaking Forth; Into a Butterfly"

I feel like I've been around the world, I was in such a deep swirl, caught up in the drug world. I only shrugged, oh well, what the hell! After 22 years of using, 13 convictions, and (9) nine incarcerations, I have decided to get my life on track. God has brought me back and opened a door for me to be placed at the House of Focus. I am now that butterfly breaking forth out of the cocoon into my new life soon. Next week I will start to college in Computer Information. I am seeking to learn. I am seeking to learn about my addiction, about my education, and about my walk with God.

Sincerely,
M.D.

Giving Thanks

My children and I are blessed to be a part of the Heritage Foundation Inc, House of Focus. They are giving us a chance to start our lives over again, so that I am now looking from the outside looking in on my addiction from the inside out. I do not feel trapped anymore. With the help of people like you, Mrs. Jones, Cynthia Walker, Linda Griggs and other staff members. You provide me with the knowledge and tools that I need to live life on life's terms and be a productive member of society and remain that way. For this I give thanks.

G.P.



My name is Markisha W, and since I've been at the Maya's House I've grown and have matured in so many ways. Being in treatment has given me a complete understanding of my addiction, Something I did not have before. I have seen the opportunities that I can grasp and have done so thanks to the counselors and staff at Maya's House.

In the beginning, I started asking the counselors if I could go to school to get my GED. It was a tough struggle but through preparation, patience, support and assistance from child care, I have completed my GED and working on receiving my rights back to my children, and starting college for Radiology Technology on July 8, 2008. Words can't express the thanks.

I want to give the people at Maya's and most of all I thank my HP and myself for the willingness to see me through and my determination to let God use me.

Thanks,
Markisha W.

I have another chance to get it right
The journey will be hard, but I must fight.
I woke up this morning and I thanked my God
Because the world of drugs was rough and hard.
I was imprisoned by drugs and couldn't break free
Until one day I decided to fall on my knees.
I cried to my God and said help me please
Come to my rescue so this pain can be eased.
He heard my cry and now I am free
To remain this way is up to me.

I have learned a lot in this program I am in
Now I grab what life has, I leave no loose ends.
If it was not for the House of Focus,
I do not know where I would be
From my heart I say thank you for what you have done for me.

-F.C.

HOW SMOKING AFFECTS YOUR WHOLE BODY

By Joanne Passmore

Because of all the chemicals that are found in the cigarettes, there is hardly any part of your body that isn't affected. Let's take a look at the body and see how this affects the major organs and the damage that can be done over years of abuse.

Well smoking starts at the mouth so let's start here. As a smoke you place yourself at risk for the following problems: cancer of the nose, mouth, decay teeth, discolored yellow teeth which are usually dull, gum disease, and bad breath. You are also at risk for cancer of the throat, which can affect you speaking and communicating. If your voice box is removed you may have to talk through a means of vibrations which doesn't sound to nice. Smokers frequently suffer from headaches because the nicotine constricts (narrows) the vessels to the brain and this can lead to a stroke which could also lead to death.

Let's move down to the chest, when you inhale, the smoke will pass through the bronchi (breathing tube) in the chest. Hydrogen cyanide and other harmful chemicals in the smoke attack the lining of the lungs every time you smoke a cigarette, this cause severe damage to the lining after years of abuse. The inhalation of the smoke causes irritation to the lining causing inflammation and can cause a chronic cough, wheezing, and severe weakening of the bronchi tubes. Smokers are 10 times more likely to get lung cancer, emphysema than a nonsmoker. Along with the nicotine, smokers inhale about 4,000 other chemicals in cigarette smoke. There are over 60 known cancer causing chemicals in tobacco smoke.

Smoking is devastating to the heart. Nicotine raises blood pressure and makes the blood clot more easily. Carbon monoxide robs the blood of oxygen and leads to the development of cholesterol deposits on the artery

walls which can increase your chances of having a stroke or a heart attack. This decrease of oxygen can increase the loss of circulation in fingers, toes and impotence.

The effects of tobacco smoke on the immune system make you more prone to infections such as pneumonia and influenza and it will take you longer to get over an illness. The smoke also affects small children and they are more prone to upper respiratory problems, such as asthma, difficulty breathing, more prone for colds and are even sicker.

The digestive system is affected, the tars in the smoke triggers cancer of the esophagus and throat. Smoking can also cause increased stomach acid secretion, and leads to having heartburn and ulcers. Smokers also have a high rate of pancreatic cancer which is deadly; we need our pancreas as well as our liver. There are organs in our body we can not live without and when these major organs are affected by cancer death is fatal. Many of the chemicals that are in cigarettes are excreted in the urine where their presence may cause bladder cancer, which is often fatal. High blood pressure from smoking can damage the kidneys and lead to cancer, dialysis and other major problems.

Forty percent of men who are heavy smokers will die before they reach retirement age, as compared to only 18 percent of nonsmokers. Women who smoke face an increased risk of cervical cancer, and pregnant woman who smoke take a chance with the health of their unborn babies. Women who are smokers and pregnant usually have low birth weight babies. The chances are increased for miscarriages, stillbirths and premature birth due to you smoking when you are expecting. Sometimes babies are more prone to cleft palate and cleft lip due to the mother being a

smoker. If the mother continues to smoke during her baby's first year of life, the child has an increase risk of ear infections, respiratory illnesses such as pneumonia, croup and bronchitis, sudden infant death syndrome (SIDS) and meningococcal disease. Smokers don't really understand the damage they are doing to their babies and this can also cause life long illnesses for the babies later in life.

But even after all of this bad news there is some good news. If you quit smoking now your body begins to repair itself. Ten years after you quit, your body has repair most of the damage smoking caused. Those who wait until cancer or emphysema has set in aren't as lucky and these conditions can be extremely fatal. So go ahead make a positive change in your health and life, stop smoking, be good to yourself, your children and family. Become smoke free and enjoy the most precious thing we have, enjoy your LIFE!

National Alcohol and Drug Addiction Recovery Month

September, 2008 is the 19th Annual National Alcohol and Drug Addiction Recovery Month. The theme for the year is "**Join the voices for Recovery: Real People, Real Recovery.**" For too long, substance use disorders have robbed many Americans of their health and well-being, taking a toll on families, the workforce, and communities' health care resources.

Recovery is an achievable goal. The Heritage Foundation, Inc. wants to challenge our community to make a difference. Together, we can open more doors to recovery for individuals striving to return to society and contribute to their community.

The Heritage Foundation, Inc. will celebrate National Alcohol and Drug Addiction Recovery Month during the entire month of September. We want to make this year's Recovery Month even better than the previous years.

ARE WE THERE YET?

By Derrick Mike

There was a movie that came out about two years ago, featuring the rapper Ice Cube and Nia Long. The primary theme of this movie was for the actor portrayed by Ice Cube, called Nick to transport children to a location where their mother Suzanne, portrayed by Nia Long was. The varied obstacles, along with the difficulties of the children's behavior was quite a task for Nick, but in spite of the difficulties and through all of the behaviors, the ups and the downs of the children's encounters, Nick finally reached the destination. Once reaching the destination the obstacles weren't over, because Nick seemingly let Suzanne down and she dismissed him from her life, until later in the movie when she realized that Nick really cared about her children and that the children really cared about Nick. Some of us may be asking how did this happen? How did they bond? How did they grow together? The journey towards the destination brought the children and Nick together and because of this it brought Nick and Suzanne together in the end and they became a cohesive and caring family.



“Success comes by reaching the destination; fulfilling the charge and seeing the consumer unite with their destination.”

We are on a journey that is filled with obstacles, pitfalls, downfalls and problems. We serve consumers, that much like the children portrayed in the movie aren't always the best, nor do they treat us the best

always. We have situations that arise on the journey that sometimes make us feel like giving up, forsaking our primary duties and walking away. The real truth to the matter is this; the journey towards our destination will bring us closer. We must maintain our focus and that focus is providing above adequate, caring and considerate services to those we're trying to help reach their destination. The destination isn't about us, but it is about us helping others to reach their full potential. The mother in the movie, Suzanne represents the full potential and the consumers we serve again they are much like the children, we as employees are much like Nick. We have them in our care, not just for

pay, not always for enjoyment, but definitely for fulfillment. We have a mandate and a charge. We have accepted the call and we should put gas in the vehicles we use called our minds and the gas is knowledge, compassion and love. We must drive forward knowing that the sacrifices made serve a bigger purpose and that is to help others reach their destination.

Are we there yet? Most of us aren't, but remember it's a journey towards a destination. While on this journey enjoy the ride, deal with the problems, the right way, get close, even bond with the passengers, our consumers and most of all never forget the destination can't be reached if you don't stay focused on the road. The road that leads to success isn't easy, sometimes it isn't without bumps and there are times when this road gets slippery, muddy and dusty. Success comes by reaching the destination; fulfilling the charge and seeing the consumer unite with their destination. When all this happen we grow stronger, closer and become a family, the family of the Heritage Foundation, Inc.; the family of and for each other, but more especially the cohesive and caring family of God.

VISION STATEMENT

“To provide to all persons served an opportunity to achieve a rewarding, healthy, and productive life.”

MISSION STATEMENT

The mission of Heritage Foundation, Inc. of Thomasville, Georgia is to promote a safe, therapeutic environment where all consumers are served through an array of programs where they can develop and thrive to remove those barriers they face.

WE NEED YOUR HELP

As we have grown over the past 20 years, so have our needs. But the ways in which you can help us has also grown. Of course, we encourage you to become a member, but you could also mentor anyone of the individuals which are served in our programs. We are always in need of personal hygiene items for the residents of Maya's House, so you or your organization could

make up gift bags consisting of toiletries for new residents. Our after school program is always in need of volunteers to work along with staff, particularly on special outings and functions. We encourage you to become an active part of our organization as we continue to **Celebrate ourselves!**



Please RENEW or BEGIN my membership in the Heritage Foundation, Inc. in the category listed below:

- | | |
|---|---|
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| <input type="checkbox"/> Church/Civic \$25.00 | <input type="checkbox"/> Patron \$150.00 |
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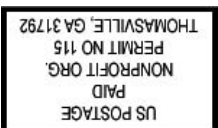
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I am interested in working on the following Heritage Foundation Inc. programs:

- | | |
|--|---|
| <input type="checkbox"/> Membership Drive | <input type="checkbox"/> After school Program |
| <input type="checkbox"/> Maya's House | <input type="checkbox"/> Sycamore Centre |
| <input type="checkbox"/> Juneteeth Celebration | <input type="checkbox"/> Kwaanza Celebration |

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