



The Beacon

“Shining a Light for Tomorrow”

Spring 2009

New Beginnings Program Successful in Many Areas

Since October 1, 2004 Lighthouse has received direct federal funding from the Substance Abuse and Mental Health Services Administration (SAMHSA) under their Addiction Treatment for the Homeless initiative. Under this Lighthouse program entitled New Beginnings, Lighthouse has the capacity to serve 30 clients at any one time in intensive outpatient treatment. Most of the New Beginnings clients are also involved in our HUD housing project for persons with co-occurring disorders (substance abuse and mental illness).

Under this program Lighthouse contracts with the Auburn Montgomery Center for Business and Economic Development for ongoing evaluation of outcomes to see what impact the program is having on clients. At December 31, 2009 the program had been in existence 51 months and had served 125 persons (100% of goal), of which 30 remained in the program. Of the 109 who had entered the program six months or more prior to December 31, 2008, 90 were located and completed a six month follow-up outcome evaluation.

Of this group of 90, 74.2% reported no health, behavioral or social consequences at intake yet 94.4% reported no consequences at the 6-month period, a 27.3% increase. For the crime and criminal justice measure, 98.7% of clients reported no involvement with the criminal justice system while 98.9% of clients reported no involvement at the 6-month follow-up, a 1.1% increase.

Of greater interest is the percentage of clients currently employed or attending school. At intake, only 16.7% reported either being in school or employed. At the 6-month follow-up, 34.4% report they are employed and/or attending school. This is a 106.7% increase, and includes one-third of the 90 clients who have completed 6-month follow-up evaluation. Also of interest, but not surprising, is the result of the stability in housing question. At intake, 13.5% reported having a permanent place to live in the community; 79.8% reported similar results at the 6-month follow-up, a 491.7% increase. As previously mentioned, the majority of the clients are receiving permanent housing from the Lighthouse under a separate HUD grant.

Montgomery Chapter of ASCPA Supports Lighthouse

On Thursday, December 18, Montgomery chapter members (left to right in photo) Rebecca Baker, Mandi Freeman and Cliff Jackson delivered a substantial donation of food to Lighthouse staff members Doug Lindley, Kathy Smith and Larry Frierson. This generous donation will enable us to replenish our food pantry with essential items for our homeless and low income clients. Lighthouse is appreciative for this wonderful act of charity from all the members of the Montgomery Chapter of ASCPA. Lighthouse would also like to thank ASCPA Communication Director Diane Christy for her photographic magic in enhancing the appearances of the Lighthouse staff.



LOCAL BUSINESS WOMEN SUPPORT VICTIMS OF SEXUAL ASSAULT

The support of private industry is vital to the existence of most nonprofits. The private/public partnership is even more essential in today's economy than it ever has been. Lighthouse Counseling Center's Standing Together Against Rape (STAR) program, has joined forces with Curves, four local women's fitness centers to strengthen and empower women.

Curves and STAR began working together to provide rape victims a complimentary opportunity to engage in physical exercise which can be effective at reducing anxiety and stress while increasing confidence and self esteem. The effort spawned a long term partnership through which STAR and Curves plan to improve the lives of many women.

Both partners were interested in identifying the needs of women as they relate to sexual assault knowledge, prevention and services. Curves facilitated a survey of over 200 local women in four locations throughout Montgomery. Some of the survey results were astounding.

During the survey 21.2% of women identified themselves as victims of sexual assault; a slight difference above the national average of 17.6%. Of those women that have survived sexual assault, 88.6% of them did not tell anyone about their assault. Among the 11.36% of women who disclosed their assault only 4.6% reported it to the police, which is dramatically below the 39% of assaults reported nationally.

Additionally, about half of the women survey knew what to do if a victim confides in them and where to obtain free sexual assault services. Again, almost half of those surveyed were interested in finding out more about sexual assault prevention and available services. Of those whom were interested in receiving more information 9 out of 10 preferred to receive the information via printed material.

Did You Know...

Victims of sexual assault are:

- 3 times more likely to suffer from depression
- 6 times more likely to suffer from post-traumatic stress disorder
- 13 times more likely to abuse alcohol
- 26 times more likely to abuse drugs
- 4 times more likely to contemplate suicide

Lighthouse's Prevention Program Receives Award

On January 31, 2009, the Lighthouse Prevention Education Program was recognized as one of the 2009 recipients of the "Spirit of Preserving the Dream" award. This award was given by ECHO (Empowering Communities Helping Ourselves) at their annual Acts of Kindness Celebration. The award was presented by the former Prevention Director of Lighthouse, Ms. Regina Berry. The Acts of Kindness Celebration is a tribute to all volunteers, agencies, churches, and organizations who have joined ECHO in sustaining and preserving the Legacy of Dr. King. The keynote speaker for this year was U.S. Congressman Artur Davis of Alabama's 7th Congressional District.

The Other Side of the Desk

Have you ever thought just a wee little bit,
O how it would feel not to quite fit,
And how you would feel if you had to sit
On the other side of the desk?

Have you ever looked at a man dressed like a bum,
As he sat before you, nervous and dumb,
And thought of the courage that it took to come
To the other side of the desk?

Have you considered his dreams that went astray,
Of the hard, real facts of his every day,
Of the things in his life that made him stay,
On the other side of the desk?

Have you thought to yourself, "It could be I,
If the good things in life had passed me by,
And maybe I'd be bluster and maybe I'd lie
On the other side of the desk?"

Did you make him feel he was full of greed,
Make him ashamed of his race or creed
Or did you reach out to him in his need
On the other side of the desk?

May we find some wisdom and lots of it,
And much compassion and plenty of grit
So that we may be kinder to those who sit,
On the other side of the desk.

Anonymous

VALENTINE'S FUNDRAISER WELL RECEIVED

In only its second year, Lighthouse more than doubled its sales of distinctive Valentine's baskets to its friends, supporters, and clients. With great leadership from Board President Kelly Cochran and Deputy Director Kathy Smith and great in-kind support from individuals and businesses listed in this issue plus many who got involved after December 31 and will be shown in the next issues, Lighthouse was able to more than double basket sales from 140 to 302 and revenue from \$5600 to \$13,080.

Much of the success in putting together attractive baskets is due to the staff and clients of Curves' Bell Road location, Vicki Smith, Criss Hopson, and the wonderful Maxwell volunteers – Jennifer Jameson, Anduero Coke-Squires, Jessica Angeles, Bethany Casper, David Weller, Quinia McNeal and Joy Morgan. We also received enthusiastic help in selling baskets from Wilson Price (Joy Newman), the Montgomery County District Attorney's Office (Saundra Sorrell and Kathie Hendricks), Colonial Insurance (Junie Pierce III), Cloverdale Service Center (John Aehnlick), Alabama Council of Association Executives (Greg Cochran), Chemical Addictions Program (John Cosper), Mid-Alabama Coalition for the Homeless; Sterling Bank (Donna Stricklin), Jackson Hospital (Jurry Om), Ted the Wine Guy, Aldridge Borden & Company, Diamond Roller Taunton & Carmichael, Soroptomist Club, Montgomery AIDS Outreach, and Montgomery Area Community Wellness Coalition.

Thank all of you who supported Lighthouse and its program by making, selling or buying baskets. We hope you will assist us next year in this event.

Board of Directors

Mr. David Belser
Ms. Grace Bishop
Ms. Ramona
Blankenship
Dr. Arthur Britton
Mr. James Carmichael
Ms. Ceil M.
Champion
Ms. Kelly Cochran
Ms. Mollie Isaacson
Mr. Jenno James
Mr. Sheddred J.
Johnson, Jr.
Ms. LaTasha
Meadows
Ms. Jurry Om
Mr. Robert H. Sells
Mr. Iran Soto
Ms. Cindy Veazey
Rev. Jonathan Yarboro

Executive Staff

Doug Lindley,
Executive Director
Kathy Smith,
Deputy Director

*The Mission of the
Lighthouse Coun-
seling Center, Inc. is
the healing, restora-
tion, and education
of the people of our
community to
effectively and
compassionately
improve the quality
of life for those we
serve.*

Making a Difference

September 1, 2008 ~ December 31, 2008

Volunteers

Ne'Chelle Babb
Barbara Bartley
Tamblyn Bohannon
Anita Bramblett
Alice "Libby" Britton
Renee' Butler
Tiffany Carstarphen
Mia Caver
Kelly Cochran
Patty Dart
Dana Dunklin
Debby Headley

Terria Herron
Karen Highland
Janice Hodges
Criss Hopson
Michael Howley
Ashley Jennings
Sherrese Johnson
Karen Keifer
Melinda Kramer
Gwen Mann
Tiffany Maxwell
LaDonna Castleberry Patton

Mona Phillips
Manera Saloom-Branstetter
Gloria Sims
Luke Stronach
Cynthia Taylor
Gussie Teague
Yolanda Thomas
Austin Wade
Monica Walker
Tara West
Sheridan Wiggins
Jaymie Williams

We make every effort to recognize all the faithful volunteers in our various programs. Please contact us at (334) 286-5980 if we have accidentally omitted you, and we will include you in our next newsletter.

In-Kind Donors

A Mini Flex Storage
Advanced Self Storage
Amplify Salon & Spa, Inc.
BNC Records
Brendle Rentals
Dr. Arthur Britton
Beth Nielsen Chapman
Curves for Women
Marla Davis
Full Gospel Baptist Church

Glovis America
Trisha Johnston
M. Bagwell Art
Massage N Mind
Metamorphosis Personal Training
Studio
Montgomery Chapter of the
Alabama Society of CPA's
Operation Grateful Heart

Annie Osborne
Connie Parker
Peaceful Solutions Massage
Therapy and Spa
Sandra Price
Amy Reimann
Dominique Swinson
VS Nails
Vy Nails

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

Memorials

In Memory of Betty Mixon

Doug & Sheila Lindley

In Memory of Belle Stiller

Ceil Champion
Patty Dart

In Memory of Virginia L. Weil

Doug Lindley
Rita Sabel

WORTH REFLECTION

Great people are those who make others feel that they, too,
can become great.

~ Mark Twain.

Making a Difference

September 1, 2008 ~ December 31, 2008

Financial Donors

Max Alexander	Candyce DeKruyff	Doug Lindley
Alpha Kappa Alpha Sorority, Beta Nu Omega Chapter	First United Methodist Church, Work Area on Missions	Selina Maddox
Auburn Montgomery Center for Business and Economic Development Staff	First United Methodist Church, United Methodist Women	Jennifer Maluda
Nan Barganier	Gordy-Mead-Britton Foundation	Linda McAubee
Tim Binkley	Greil Memorial Foundation	Phyllis Mills
Vicki Binkley	Lucille Groves	Mary Kay Moyer
Racheal Blackmore	Michelle Haughton	Sharon Myers
Kenan Boswell	Teresa Houser	National Christian Foundation
Hal and Natalie Brendle	Gloria Howard	Ruth Roper
Arthur M. Britton Foundation	Hyundai Motor Manufacturing Alabama, LLC	Rothschild Charitable Trust
James Carmichael	Jackpot Charities	RTJ Golf Trail Foundation
Robert Claussen	Jeno James	Russell Construction of Alabama
Brian Clements	Renny Lambrecht	Sandy Sanders
Corporate Financial Services	Cheryl Lang-Hardley	Robert Sells
Cassandra Crosby		Southern Poverty Law Center
		Karen Stankard
		Scott Talkington

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

Honorariums

In Honor of Cheryl Lang- Hardley

Anonymous

In Honor of:

Mr. & Mrs. David Brewer
Mr. & Mrs. David Chandler
Mr. Tom DeBray
Dr. & Mrs. Wesley Dunn
Mr. & Mrs. Fletcher Gibson
Mr. & Mrs. Charlie Harris
Mr. & Mrs. Mark Harris
Mr. & Mrs. Steve Humphrey
Mr. & Mrs. Bill Jackson
Mr. & Mrs. Dean Mooty
Mr. & Mrs. Dennis Nabors
Mr. & Mrs. Matthew Parnell
Mr. & Mrs. Wylie Poundstone
Mr. & Mrs. Matt Satcher
Mr. & Mrs. Fred Tyson
Mr. & Mrs. William Ward
David & Nancy Belser

In Honor of:

Fred & Lorali Bailey
Kenan Boswell
Lucille Groves
Barrie H. Harmon, III
Jeno James
John Lindley
Maggie Lord
Malcomb Massey
Steve Russell
Rita Sabel
Charlie & Winnie Stakely
Luke Stronach
Neil & Martha Stronach
Scott Talkington
Larry & Pat Williams
Doug & Sheila Lindley

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 \$2,300,000 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, Child 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
- *Prevention of child abuse and neglect through after school programming

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 Human Resources
Alabama Department of Economic and Community Affairs

Alabama Coalition Against Rape
Department of Housing and Urban Development
Department of Public Health
Substance Abuse and Mental Health Services Administration



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

A Member Agency of the River Region United Way