

THE GOODEN NEWS

INFORMING THE COMMUNITY OF EVENTS, DEVELOPMENTS
AND OUR MISSION-BASED ACCOMPLISHMENTS



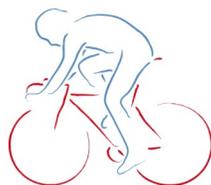
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**The Mission of
The Gooden Center**
is to show men and
their families the way out
of the debilitating
and deadly cycle of alcoholism
and drug addiction.



Affordable drug treatment,
evidence-based practices, and
a 12-step orientation
help bring about the
transformational change
necessary to restore
a sense of well being and
hope for a promising and
productive future.



2015 RICHARD SELJE RIDE4RECOVERY

On October 24, 2015 The Gooden Center will be hosting its third annual Richard Selje Ride4Recovery. Riders will ride 100, 62, or 25 miles starting and finishing at Pasadena City Hall, all in support of The Gooden Center.

Last year, the Ride4Recovery was named after Richard Selje. Richard served on the Board of Directors for The Gooden Center from 1995-2007, and currently serves on the Advisory Council. Throughout his decades of involvement, Richard has sponsored many local men in recovery, and he is greatly admired and loved among Gooden alumni. Cycling played a very strong role in Richard's life. His first ride was in the 1930s on a three-speed Rudge with Sturney-Archer gears. As an adult, he

would ride 40 miles each morning before work and a full century every third weekend. Richard retired from cycling in 2006, but his love of riding has inspired our riders every year.

Registration is open for the 2015 Ride4Recovery. For the first time a 25-mile course is being offered. Throughout the scenic course, riders will have access to support vehicles and be provided with regular SAG (support and gear) stops.



Also for the first time, the ride will begin and end at Centennial Square at Pasadena City Hall. Upon finishing, riders will be given a Ride4Recovery goody bag and a BBQ lunch. Thanks to The City of Pasadena, Pasadena Fire Department, and



Avid cyclists Lonnie & Lorraine Schield support the Ride4Recovery!

Pasadena Police Department for supporting the ride. Custom cycling jerseys are available for purchase. The SAG stops have sponsorship opportunities available.

Please contact Phil Wilkins pwilkins@goodencenter.org or 626-356-0078 if you or your company is interested in sponsoring the ride.

THANK YOU SPONSORS!

Thank you to the Pasadena Athletic Association, Southland Remodeling, Inc., Bicycle John's, PowerBar, Park Place Dental Care, The Bridgeway Group, Tom Sawyer Camps, and Centric Bike Shop for signing on as sponsors! If you are interested in riding or donating to the 2015 Ride4Recovery, please visit www.goodencenter.org/donations/r4r.





Tom McNulty, Pharm.D.,
Chief Executive Officer

“Most unique to our program, and greatly needed, are sessions specifically designed for children.”



Jose Mendoza,
Vice President of Program
Development



Matt Klose,
Admissions

MESSAGE FROM THE CEO

The tagline for The Gooden Center is “Showing the Way Since 1962.” For more than 50 years, The Gooden Center has quietly been providing treatment for drug and alcohol addiction in Pasadena. We’ve been Pasadena’s best kept secret! I think it’s time for a change. I want the community to know that we are here and to have a good understanding of what we do.

I am happy to welcome back *The Gooden News*. Throughout the years, The Gooden Center has published a newsletter to share updates with the community and I would like to make this a regular publication. I am looking forward to showing off our talented staff and the wonderful work we are doing here.

There are a couple of programs that really make The Gooden Center exceptional. We offer family treatment for parents, spouses, and siblings of resident clients to attend weekly classes, quarterly workshops and an annual weekend retreat free of charge. Most unique to our program, and greatly needed, are sessions specifically designed for children. Those aged seven and older are provided the opportunity to express their frustration and particularly their fear of the disease. We are one of the only treatment centers in the greater Los Angeles area that offers such a program.

The Gooden Center also provides After Care for Life™ to alumni. Weekly counselor-led, after care groups are available to each alumnus free of charge for as long as he sees fit. When the official recovery process concludes, clients are not sent home alone. The Gooden Alumni Association pairs everyone with a local alumni mentor who will aid in the transition process. This mentorship combined with fellowship established during and after treatment has helped to decrease recidivism rates.

I am looking forward to updating everyone on programs like this and more on a regular basis.

Thank you for your continued support of and involvement with The Gooden Center.

Thomas J. McNulty, Pharm.D.

GOODEN THANKS JOSE MENDOZA

Jose Mendoza, Vice President of Program Development, joined Gooden in 2005 as a counselor. Through the years, Jose has worked in admissions, as Program Director, and now, 10 years later, as Vice President. Jose brings a rational, empathetic, and strategic outlook to The Gooden Center, with a steadfast focus on ways in which Gooden can better serve the community.

On August 11th, Jose was appointed as a Commissioner to the Los Angeles County Commission on Alcohol and Other Drugs representing the 1st District of Los Angeles County under Supervisor Hilda Solis. The Commission advises and makes recommendations to the Board on alcohol and drug issues with the goal of reducing problems and the negative impact of substance use disorders on the quality of life for individuals and their families residing in Los Angeles County. Jose says, “I am looking forward to affecting positive change for the members of our communities in LA County and the accessibility to outcomes based treatment.”

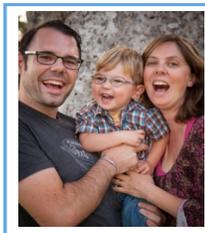
WELCOME MATT KLOSE

The Gooden Center is proud to announce the addition of Matt Klose. Matt has joined the admission team, bringing with him a multidisciplinary approach to the process of admissions. Matt is vibrant, energetic, and dedicated to the service of families and patients in need. Always candid and open to connect, Matt is the first one to tell a potential patient that he is an alum of Gooden and that recovery is possible. It is this instillation of hope that fosters trusting relationships with those individuals in crisis situations. When asked to explain his approach to admissions, Matt says “I gently nudge men in the direction of family and new life, connecting with my own experience and hope.”

TRANSFORMATION

“Hi, my name is George, and I’m an alcoholic.” That’s what I posted to Facebook at the height of my disease. I started drinking when I was 17. I drank (often at work), smoked weed, and spent money I didn’t have. I always felt like I needed an escape.

By 31, I had been drinking every day for four years and developed a physical dependence to alcohol. I was also married with a baby on the way. Jack was born in October of 2012. I drove Allison to the hospital drunk. While we were there I started experiencing withdrawals. Two months later, after my mom (who has been sober 28 years) called me an alcoholic and told me to stop drinking, I did. I detoxed at home, experienced delirium tremens, and managed to stay sober all on my own. This lasted two months.



George, Jack & Allison Ricciardella

I started drinking and smoking weed again. Heavily and in secret. I regularly drove drunk with my son in the car and I often blacked out. November 12, 2013 I agreed to go to rehab. Four days later I had arrived at The Gooden Center. I spent two weeks in residential treatment, then moved on to group therapy treatment for six weeks.

The Gooden Center taught me and Allison so much about addiction. I was convinced that I was a bad person, but I was able to learn about my disease. I learned how to identify my triggers and about relapse prevention. I was shown how to formulate a plan for success. The Gooden Center won’t do it all. I had to learn to succeed outside of rehab. They teach you how to use your legs, but it’s up to you to walk.

I really like my life today. I still go to sunrise meetings (early morning meetings that Gooden residents are welcome to attend) and weekly after care with my family. My relationship with Jack and Allison is amazing. We have friendships with other Gooden families and I am very active in the sober community. I sponsor 5 guys and consider it my job to help them through this process.

It’s not always easy. We have faced challenges, including the loss of our second child, and we got through it with the support of our Gooden family. I am approaching two years of sobriety, and I am looking forward to many more filled with family, fellowship, and the ability to keep giving back to men in need.

ALUMNI BBQ

Thank you to all of the alumni and families that joined us for The Gooden Center Alumni BBQ in May at Finkbinder Park in Glendora. Nearly 150 friends of The Gooden Center were able to join us for good food, fellowship, and fun.

With plenty of games and activities, there was enjoyment for all ages. There were also a lot of opportunities to make new friends within and outside of the Gooden community. Members of local AA groups joined the celebration as well as other park goers. It was a perfect opportunity to share the mission of The Gooden Center and continue to build our community.

We were thrilled with the success of this BBQ and the opportunity to remind alumni about our After Care for Life™ program; which includes a group of BG Alumni sharing their experience, strength, and hope with an emphasis on staying connected, and living life in sobriety after treatment. The group meets on the last Thursday of each month from 7:00pm to 9:00pm in the BG Main House. The panel is open to residential clients, sober living, and any alumni that wish to attend.

For more information on alumni activities at The Gooden Center, please check www.goodencenter.org/alumni/ or our Facebook Page.



Alumni Domenic Sciarra, Sean Corrigan, Brad Halverson, Jake Morales, and Kevin Hahn

“They teach you how to use your legs, but it’s up to you to walk.”

SIX PATHS TO REALIZING YOUR VISION

In collaboration with Gooden staff, each resident can choose the path that seems most beneficial to him, and travel at his own pace.

Residential Treatment

Client’s participate in clinically based structured activities seven days a week, and live in a safe, planned care environment—the Bishop Gooden Home.

Day Treatment is available for patients who have completed Residential Treatment or who may need regular care management while reintegrating into their daily routines.

At the **Intensive Outpatient (IOP)** level, the client may choose to live at home or in a sober-living facility. The IOP client returns to work or school, and participates in up to five, three-hour sessions each week, in addition to other services that are provided based on his clinically developed treatment plan.

Clients are eligible to reside in **Sober Living Facilities** if they are participating in Day Treatment or Intensive Outpatient groups. The houses and cottages are located near our residential treatment center in Pasadena.

Weekly counselor-led, **After Care For Life™** groups are available to each alum free of charge for as long as he wishes.

The **Family Treatment Program** is free to all client families. Upon arriving at The Gooden Center, families will be offered the same support and continuing care that we provide our patients.



GOODEN CENTER
SHOWING THE WAY SINCE 1962

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The Gooden Center's Family Treatment Program

is free to all families, because we believe families should never have to feel alone or helpless with the disease of alcohol and drug addiction.

At The Gooden Center, we have a dedicated team of clinicians and staff focused on putting families back together. Upon arriving at The Gooden Center families will be offered the same support and continuing care that we provide our patients.

Parents, spouses, and siblings of resident clients are able to attend our weekly classes, quarterly workshops, and an annual weekend retreat.

For more information on our Family Treatment Program, contact Molly D'Huet, LMFT
mdhuet@goodencenter.org.

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THE MICHAEL HORNER FAMILY TREATMENT PROGRAM ENDOWMENT FUND

We would like to thank the following donors for joining us in celebrating Mike Horner and for their commitment to the families we serve. We received a tremendous amount of support and were able to open the fund with \$10,000.

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Mr. and Mrs. John Cabot
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Mr. and Mrs. John Cushman
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Mr. and Mrs. Arthur Vaughan
Mr. and Mrs. Eric Walter
Mr. and Mrs. John Williams

For more information about
the endowment fund please
contact Susan Johnson at
sjohnson@goodencenter.org.