

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.*



Happiness has been heavily researched. We know that a higher income is associated with more happiness than those reported in impoverished populations and that married people are statistically happier than non-married people. However, the differences are slight. These and other external circumstances do not generally have a large influence on moment to moment happiness.

It turns out that the largest single predictor of happiness is not something outside of us at all. During this season of maniacal gift giving and overindulgences, remember: it is not your job, your car, size of your turkey, holiday party guest list, or your family members which will make you happy! Happiness always and only comes from the Inside-out.

What does Inside-Out mean? Researchers have found that the largest statistically significant predictor of happiness is your internal state of presence. Presence: full engagement in what is happening now, where you are, who you are with, or what you are doing NOW,

HOLIDAYS AND HAPPINESS

no matter what that is, is the strongest predictor of "happiness". Presence in the NOW includes mindfully doing the holiday dishes, wrapping presents, shopping, talking to Aunt Edna, or shoveling snow.

In this age of distraction, we have learned how to be anywhere but here. Many of us have set up our whole way of being based on escapism, addiction, and distraction tactics. We are largely afraid to just be present, because many of us just don't know how. This is because we've been trained to believe that happiness is outside of us. We are forever trying to get somewhere else, be someone else, or do something else. This misunderstanding of how life works sets us up to constantly seek something else and we miss what is actually happening now. It sets us up for unhappy relationships, dissatisfaction with what is (non-acceptance), and addictive processes.

We can de-program ourselves by experiencing how our minds operate. In mindfulness based psychotherapy, we meditate, learn mindfulness based attitudes and tactics for being present. The first step is clearly seeing that nature of your own mind. This always begins with a pause, a mindful breath, and a purposeful refocusing in on

the present moment. Mindfulness is the practice of paying attention to the present moment on purpose - without judgment. We practice accepting "what is happening now" and participating in that reality, whether it be driving, singing, cleaning, or cooking. Whatever is happening now is accepted fully, we become present and arrive to the NOW. We can also do this formally through meditation practice and mindfulness skills education, but most importantly it is done right here and now, in this living room, at this dinner table, a stoplight, or with family. We pause, take a mindful breath, and come fully into the now with an open heart, calm mind, and engaged spirit.

Remember, we always have the opportunity to stop, pause, and breathe. Happiness is not outside of you. It is always and only within. May you be fully



By Gooden Center Clinical Director,
Dr. Regina Huelsenbeck, PhD

Dr. Regina is a Licensed Clinical Psychologist in private practice in Solana Beach, California. Additionally, she supervises psychological assistants, consults with chemical dependency treatment centers, and speaks publicly on the topics of mindfulness meditation and life transformation. www.RitualsofHealing.com/858-353-8530



Tom McNulty, Pharm.D.,
Chief Executive Officer

"It's the stories of change that touch my heart. I have seen some really good guys suffer and die from their disease, but I have witnessed so many more get their life and family back."



Norma Maravilla,
Food Services Manager



Todd Johnson,
Accounting Associate

MESSAGE FROM THE CEO

2015 is coming to an end, and what a year it has been! A lot has changed, both personally and professionally, this year. My daughter is a grown up and away at college. My son is taller and smarter than me. And I am approaching the end of my first year as CEO of The Gooden Center.

I have been involved with The Gooden Center for 30 years, and when the opportunity to join the staff as CEO opened, I was thrilled. I am so happy with the work that we do, but I also see the incredible potential of this extraordinary place. I am happy to share some of our accomplishments from 2015.

One of the first changes I implemented was a monthly staff meeting. The purpose is to inform employees about what's going on, provide a forum to ask questions, and celebrate the good work that they do. Creating an inclusive environment in which staff feels empowered to ask questions, share their expertise, and acknowledge one another has brought our team closer together.

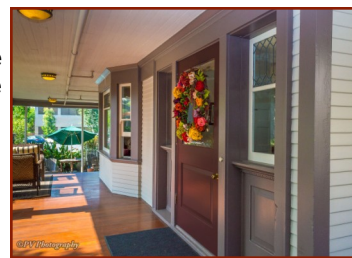
Education is very important. Our staff is well-credentialed, but I want them to have the opportunity to continue their education. A major initiative for me was to create a Tuition Reimbursement Procedure to support staff who want to pursue certifications and degrees. 80% of our clinical staff is currently enrolled in school, with more planning to matriculate in 2016. In 2015, staff earned one Associates, three Bachelors, one Masters, one CATC I, and one CATC III.

The Bishop Gooden Home is the icon of Gooden and the image that we as alumni hold as the welcoming place we came for treatment. The BG was in need of paint and general exterior surface repair. We received a grant to repaint the interior and exterior of the BG, as well as repair the damages. Thanks to the generous support from The Ahmanson Foundation, we have a beautiful and well-maintained house.

I am very proud of all of the work we have done in 2015. We have a great team in place and I can't wait to share more wonderful achievements with you all in 2016. Happy New Year!

Thomas J. McNulty, Pharm.D.

Thomas J. McNulty, Pharm.D.



GOODEN THANKS

Norma Maravilla joined the Gooden staff in 1999, and has become an institution among clients and staff. Her cousin asked her to help out for a couple weeks at the BG, which turned into a decade of maintaining the housekeeping duties. Occasionally, Norma would help prepare meals that would receive rave reviews. Today, Norma is the Food Services Manager, and with her staff, prepares more than 500 meals a week.

While her work in the kitchen has helped nourish many, her role as a surrogate mother to our young clients is perhaps her greatest contribution. When asked why she stays with Gooden, Norma tearfully says, "It's the stories of change that touch my heart. I have seen some really good guys suffer and die from their disease, but I have witnessed so many more get their life and family back." Norma is most proud of the impression she has left on her three wonderful kids, Paul, Cindy, and Wendy. Norma has dedicated her life to making sure that they have the opportunity to pursue their dreams with the same work ethic she has modeled for them.

WELCOME

The Gooden Center is proud to welcome Accounting Associate Todd Johnson. Todd accepted that role in August, but he has been a member of the Gooden family since April 2014, when he began his residential treatment. In January of 2015, Todd became a sober living House Manager. With his proximity to the BG, he gets to see guys enter treatment and watch them grow in sobriety. He likes to be there for them just like the guys who were there for him when he began treatment. As the Accounting Associate, he spends his days processing payments and insurance claims, but his favorite part of his job is working with the families of clients. He enjoys building relationships and likes that he is giving back. "I have had jobs that I dreaded coming to, but this is not one of them. I am happy here. This place saved my life."

TRANSFORMATION

Growing up, alcoholism was something I had heard about, but wasn't directly affected by. There was healthy drinking, but there weren't alcoholics in my immediate family. I was a fairly active student. I was an All-Valley defensive end at Monrovia High School, involved in the student council, and an Eagle Scout.

At 21 I began working at a bar as a bouncer. That's when I started drinking. By the time I was 22, my friends observed that I might have a problem when I was wasted at a friend's wedding. I struggled with depression before I started drinking, but it became even worse after.

I met Sarah at 23 and married her four years (and two kids) later. By this time, I had noticed signs of alcoholism. My depression was becoming unpredictable. I would project onto Sarah. I was creating dysfunction in our relationship and I was scaring our kids.



Sarah & Starlin
Oldaker & Kids

At 32, during my third attempt at an at-home detox, my sister-in-law's colleague, Greg Giesler (a Board member at The Gooden Center) took me to an AA meeting. The next day I checked into the BG—three days sober. I spent 30 days in treatment and was dedicated to it. I moved home and started an Intensive Outpatient Program (IOP), but I wasn't ready. Three and a half months after I left the BG, I relapsed.

My relapse was bad. Alcohol just makes me lose control. The last day of my relapse led to a hospitalization. Sarah called Greg and they got me back into the BG—despite me not wanting to go. I am glad I did. Things resonated more the second time and I had a better understanding of my disease.

After 17 days at the BG, I moved into sober living and began IOP. In sober living, when I had a bad day, I was some place safe. I moved home after five months. I have been sober since March 13, 2014.

The most valuable tools I learned from The Gooden Center were being accountable for my actions and staying connected. I felt welcome and wanted at Gooden, and coming back forced me to reexamine the manageability of my life.

Life is good. I have been employed for a year and a half. I have become an avid road cyclist. I have started earning Sarah's trust again. I am interested in working with others who are going through their 12 steps. Most of all, I am happy and looking forward to what is next.

ALUMNI

Thank you to all of the alumni who joined us for the inaugural Alumni Bowling Night on November 17th. The room was full of positive energy, friendly competition, and new faces. The feedback from one alum was, "There is something coming through this group that I am very excited to be a part of." Everyone had such a great time that the Gooden Alumni Association is planning on having another bowling event December 15th.

The Gooden Alumni Association has several activities planned. These are opportunities for fun, fellowship, service, and information. We hope to see you all soon!

Hospital and Institution (H&I) Panels: Share your story. For information on times and dates, please contact Victor Gwinn at vgwinn@goodencenter.org.

Alumni Spring BBQ: We are planning on April 2016. More info to come.

Alumni Retreat: We are planning on summer 2016. There will be guest speakers, recovery workshops, meditation, yoga classes, team building activities, and games.

For more information, please contact Victor Gwinn or Phil Wilkens (pwilkens@goodencenter.org) at 626-356-0078.



Alumni Bowling Night
November 20, 2015

"There is something coming through this group that I am very excited to be a part of."

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

Clients 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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2015 RIDE4RECOVERY



Photos courtesy of Victor Curtis

As the sun began to rise on October 24, 2015, 105 cyclists arrived at Pasadena City Hall for the third annual Richard Selje Ride4Recovery. This event has continued to grow, more than doubling the number of riders in 2014. Gooden Center CEO Tom McNulty said, "I was so humbled by how many people participated this year. It was a wonderful turnout."

For the first time, riders were able to choose from three distances: 100, 62, or 25 miles. We also had 15 riders participate in a SoulCycle indoor Ride4Recovery. Many riders were new to the event. Tom McNulty was thrilled to share information about The Gooden Center with riders he met while on the course and to personally thank them for their participation.

Leading up to the ride, several riders and friends of The Gooden Center created fundraising pages to encourage their friends and family to make a contribution. Nearly 200 people donated to our fundraisers. The support of our cyclists, donors, and sponsors led to almost \$30,000 raised for The Gooden Center.

Thank you to all who participated. Thank you to our volunteers who worked at SAG stops, helped us set up and break down at City Hall, and drove support vehicles along the course. Thank you to our sponsors who helped underwrite the cost of food and supplies for the

event. Thank you to our donors who contributed to the men and families we serve. Finally, thank you to the cyclists for participating in this event that has become an annual tradition for The Gooden Center. We look forward to seeing you all at the 2016 Richard Selje Ride4Recovery.

For more information about Ride4Recovery, please contact Amy Hasquet at ahasquet@goodencenter.org



Tom McNulty, Richard Selje, Bob Fidler,
Jerry Anderson, Greg Giesler