

# THE GOODEN E-NEWS

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



*The Mission of The Gooden Center is to assist men seeking recovery from addictive disease and mental disorders while fostering well-being for these men and their families.*



## WHY A MENTAL HEALTH FACILITY?

"It is no secret, by now, that recovery is big business. Recognizing the opportunity for big profit, private equity investors have poured liquidity into new centers over the last few years. This, combined with loose regulations around reimbursements, has created a feeding frenzy for entities looking to cash in on the business of rehab. Despite this saturation in market, Gooden has continued to grow over the last several years. However, to fully realize its potential as a health care organization, and to insulate itself against further saturation from competitors, Gooden decided to enter the mental health treatment space," states Brandon Brewer, COO.

The decision and subsequent due diligence processes were intense, as Gooden carefully gauged the community need for such services against its ability to be paid by insurance for delivering services and the licensure process needed to achieve its goal. In January of 2017 The Gooden Center opened the Gooden Residential Wellness Center.

Mental Health is a separate license from the one used for substance abuse treatment. A separate accreditation and certification was also gained through the state and CARF. During this time staff members Patti Hayes, Jennifer Chilla, and Cory Mitchell, spent substantial hours toward this goal.

"All insurance contracts were renegotiated to include the mental health services and for all levels of care: RTC, PHP, and IOP. Within two weeks of the facility opening it was near capacity. Over the last several months the early graduates have transitioned through outpatient and transitional living, with many of them back to school and work, something the majority of them have not been able to do for several years (if ever)," continues Brewer.

"Looking forward, necessary applications have been filed with the state to create another six residential beds for mental health, with an anticipated early summer start up. The mental health program has afforded an opportunity to add licensed MFTs and even a well-known psychologist to our roster. The results have been increased care for all Gooden programs."

"Never will we offer a cure for mental health disorders. Contrarily, it is the ability to manage the disorders which is our goal. Individuals who graduate from our programs have more robust, meaningful, and stable lives," Brewer says in closing.

## CANINE ASSISTED TREATMENT PROGRAM



Thanks to the cooperation of the Pasadena Humane Society, we are starting a Canine Assisted Treatment program to supplement our Mental Health and Substance Abuse work. Gentle helpers such as Zane Grey, a chocolate Lab, will be making regular visits to add warmth, listening ears, and a strong sense of peacefulness to the day. Therapeutically, the dogs offer a chance for individuals to rediscover feelings of love, breeding trust and encouraging neuroplasticity through positive experience. Visits with canines will be supplemented with process groups facilitated by licensed therapists.

## MESSAGE FROM OUR CEO



One of the highlights of 2016 for me was our Alumni Retreat. Besides the fact that Joshua Tree is one of my favorite places, spending a weekend with men who share our history, our challenges, and our goals is huge for me. Our 2017 retreat is coming up soon and I wouldn't miss it! The opportunity to reconnect with old friends, make new ones, and tap into the power of the Gooden Community is priceless.

An old saying says "Friends are the family we choose." The recovery community is the family we choose, the people who understand us and who are there for us no matter. And the recovery community of the Gooden Alumni is like no other. We are indeed fortunate.

Several weeks ago we held a reception on a Saturday afternoon for our Advisory Council and past Board members. Current Board members and management staff were present as well. Check out photos on the back page. Our Advisory Council and Board are here for The Gooden Center. They lend their names to the masthead of our stationery. They attend regular meetings. They open their wallets with generosity. They are friends that continue to choose the Gooden Community: they help us restore men, their families and our greater communities at large.

Thank them when you see them. Recognize the work they do. Join them in their support. There are future men – and their families – who need our help. Help us to help them!

*Thomas J. McNulty, Pharm.D.*  
Thomas J. McNulty, Pharm.D.

## GOODEN THANKS LINDA PAYARES

Healthy eating habits and good nutrition play a vital role in the overall success for men in treatment at Gooden. The rebalancing of deficiencies in vitamins, minerals, complex carbs, and healthy proteins in the early stages of recovery is a tall order to accomplish. Linda Payares, our Executive Chef and a recent Le Cordon Bleu graduate, can tackle these difficult tasks with ease. Her dedication contributes to The Gooden Center's overall success. The entire team recognizes her hard work. Her personal commitment to excellence has inspired others to push past their perceived abilities, producing a transformation everyone can taste. Her ability to remain upbeat and maintain a positive attitude is extraordinary, especially during stressful circumstances. These are some of the many reasons why Linda is awarded Employee of the Quarter.



## GOODEN WELCOMES JULIE MCCANN



Gooden welcomes Julie McCann as our new Marketing Director! Julie is an outgoing, charismatic go-getter coupled with a compassionate and nurturing soul. She spent many years in the technology world helping start-ups grow, and from her own journey, found her way into the addiction recovery and mental health marketing field. Julie has already made a positive difference with her marketing knowledge and reputation in the behavior health community by way of social media and community outreach.

Julie has a Master's Degree in advertising from the Academy of Art University and a Bachelor's Degree in psychology from Oakland University.

Julie says her daily meditation regimen is of great importance to her — she meditates individually and with a group several times a week. When Julie is not out increasing the community awareness of The Gooden Center's treatment facilities, she spends her free time exploring, hiking, cooking and reading at the beach.

## TRANSFORMATION

Alcohol, or more specifically my problem with it, has taken away just about everyone and everything I cherished: spouse, children, home, career. Were it not for the help and support of some fine people outside and within The Gooden Center who believed in me when I no longer believed in myself, I don't quite know where I would be today.

This is not my first time at Gooden. My introductory experience, over six years ago, laid a foundation which I didn't appropriately execute. Approximately 18 months later, hung over, scared and ashamed, I made what seemed a very long walk from the sidewalk on El Molino, up the garden path, to the front door, yet again.



Nick L.

Much transpired in the ensuing four years. In November 2016 I found myself alone, in the emergency room and very sick. Several friends arranged for me to return to Gooden. Instead of shaming me or expressing disappointment, I was warmly greeted with hugs and pats on the back, and welcomed back into the fold.

As much as alcohol has taken from me, the Gooden Center has renewed. Because of lessons and tools learned, and groups and support available, today I am able slowly to put together a new life; not a life that tries to re-piece vestiges of the past, but one that I didn't know I still had in me. The staff and the men at Gooden have allowed me to regain something I hadn't had for a very long time: HOPE. I've learned more about myself at 48 than ever before, some wonderful and some quite ugly. But today I've regained hope, faith, clarity introspection, patience, confidence and comfort in my own skin.

Is life perfect today? Definitely not. I still have outstanding issues with my children. I no longer live in a stately home or drive a sexy sports car. But I've learned contentment. I could not fathom plodding through the travails of life without my weekly Wednesday night Gooden aftercare group. As of the first of June, I am seven months and 1 day sober with the assistance of The Gooden Center. — Nick L.

## 2ND ANNUAL JOSHUA TREE RETREAT!

Imagine being able to recharge for a weekend among fellows who are sharing both the common problem and the common solution that threads throughout our lives.



On June 30th—July 2nd, roughly 40 men, all of whom are alumni of The Gooden Center, will be embarking on another great adventure in their sobriety. For the second consecutive year, these men will find refuge in the desert of Joshua Tree, California, for The Gooden Center Alumni Retreat. Blanketed in the surrounding silence that accompanies such a place, one might find it difficult not to be at peace. The only sound consistently breaking that silence is the laughter and excitement of the men that have arrived for a singular purpose; to support each other in recovery and therefore to strengthen their own.

The retreat offers more than what the surroundings have to offer. There are hikes in the Joshua Tree National Park, gratitude circles, guest speakers, meditation and other motivational activities, held on land known for its energy and spirituality for centuries. Additionally, the retreat hosts a discussion on the 12-steps of recovery that shepherded so many of us to the freedom we now enjoy.

If this sounds appealing to you, and you are a Gooden Center Alum, [click here](#) to register for the retreat. **If you would like to scholarship an attendee, please [click here](#).**

### H&I Alumni Panel at Huntington Hospital — Thursdays 4PM-5PM

Greetings fellow BG alumni. Every week we share our stories of experience, strength and hope with other alcoholics and addicts in detox at Della Martin / Huntington Hospital who are planning their next step in recovery. We're looking to add some new faces to the rotation. If you would like to share your story please contact us. Commitment is only one week. You are welcome to speak on the panel more than once. Please call George W. (917) 355-4027, Tom F. (508) 654-1988, or email [bgalumpanel@yahoo.com](mailto:bgalumpanel@yahoo.com) for more information.





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## ADVISORY COUNCIL, PAST AND CURRENT BOARD MEMBERS AND MANAGEMENT STAFF—MAY 13TH RECEPTION



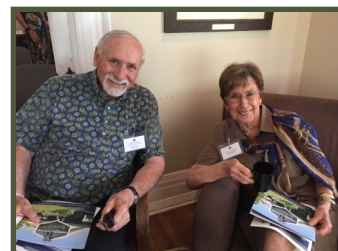
Toby Pugh



Julie McCann, Barbara Marshall, Mike Horner,  
Patti Hayes



Greg Boyer, Thomas McNulty,  
Mark Fagerberg



John Cushman, Ginny Cushman



Greg Boyer, Alex Winters



David Hewlett, Colleen Land, Phil Wilkens



Brandon Brewer, Patricia Coulter



Julie McCann, Bunny Flemming, Patti Hayes