

# FOCUS

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The Newsletter of

*Mount St. Joseph — St. Elizabeth*

## Sister Eileen Kenny, DC Executive Director



Dear Supporters and  
Friends of MSJSE,

We have been fortunate  
to celebrate two special  
anniversaries recently. On  
December 10 we celebrated the  
**tenth anniversary** of the  
Christmas Extravaganza, a  
luncheon and fundraiser sponsored  
by the MSJ-SE Auxiliary.

Early this year the **tenth annual**  
Benefit Party & Show was held in  
San Francisco and expanded to a  
second night in Marin County! I  
am grateful to our loyal supporters  
who orchestrated these events and  
those of you who attended and  
made them such a success.

As Easter and springtime  
approaches and we are reminded of  
a time of renewal and rebirth. That  
is what we offer the women and  
families we serve at the Epiphany  
Center programs. Thank you for  
being a part of the gift of new life  
that we offer here each day.

Alleluia and God bless you.

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## Reaching Higher: A Client's Story

At home and at school, I quickly  
learned that negative attention is better  
than no attention at all. My father left  
us and moved to California and I  
became the main caretaker of my  
younger sister. By 9 years old I was  
very street smart and made enough  
money to feed and clothe my sister  
and me.

When I was 13, I lost my sister to  
violence and for years I blamed myself  
because I wasn't able to protect her.  
My mother must have blamed herself,  
too, because she  
killed herself with a  
drug overdose.  
From that point, I  
bounced to a few  
relatives and just  
didn't feel welcome  
anywhere. I almost  
didn't feel at all, I felt empty.

Finally at 16, I made my way to  
California to find my father. I stayed  
with him for a month, but I was too  
wild and he was too mean. He had a  
new family, a wife and two kids and I  
didn't fit in. I took to the streets of  
San Francisco, running fast. I ended  
up in several group homes and foster  
homes or lived on the streets. I did go  
to school some of the time, secretly I  
loved to learn and wished for  
something else, but I didn't know what  
was out there, that I had other options.

At 18 I was arrested and put in jail  
as an adult, and oh boy, was that an  
unexpected wake up call. I was in jail  
for a month when I found out that I  
was pregnant. I was in jail and  
pregnant, and I didn't have much  
going for me at all.

I knew I wanted more and I  
wanted better, I just needed to learn

how to get it. At Epiphany Center I  
gained self-worth, self-respect and  
learned other ways of living. I learned  
how to communicate with others,  
with my son, and saw how "normal"  
people acted. Epiphany Center  
helped me learn that family is number  
one and they helped me accept myself  
as I am with all my problems and  
helped me grieve the loss of my  
mother and my sister.

My son is 5 years old now and goes  
to an alternative school for the arts.

"At Epiphany Center I  
gained self-worth, self-  
respect and learned  
other ways of living."

He is beautiful,  
healthy and well  
adjusted, is in  
fencing and  
swimming, and is  
the delight of my  
heart. I have a  
partner and a 10

year-old stepson.

I want to thank you for coming and  
supporting Mount St. Joseph - St.  
Elizabeth. People wonder if programs  
like the Epiphany Center have lasting  
effects on women with drug and  
mental health problems. I can only tell  
you that if Epiphany Center had not  
been there for me, I wouldn't be where  
I am today. I would probably be living  
in the projects, on welfare, with my  
son. Because Epiphany House  
motivated me to reach higher, to  
challenge myself, and to really see what  
I'm capable of doing in all parts of my  
life, I am a happy person, content with  
my life.

*(Excerpt from a presentation by an  
Epiphany Center graduate at the 10<sup>th</sup>  
Annual Benefit Party & Show held  
earlier this year.)*

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**What Goes on There?**

MSJ-SE staff are often asked – what goes on there? We are including the daytime schedule for clients who are in the Epiphany Center residential programs so you - our benefactors - can see some of the activities that you help to support.

	Monday	Tuesday	Wednesday	Thursday	Friday			
9:30 – 10:30	Acupuncture/ Newcomers	Acupuncture	Acupuncture/ Newcomers	Acupuncture/ Newcomers	Acupuncture/ Newcomers			
Levels:	1	2	1	2	1	2		
10:45	Residential Programs Groups		Child Develop- ment	Inter- active Parenting	Self- Esteem SAGE	Recovery	Relapse Prevention	Relapse Prevention
			1 <sup>st</sup> Week NA Meeting 11:30					
12:00- 12:45	Lunch & Walk		Lunch & Walk	Lunch & Walk	Lunch			
12:45- 1:45	Anger Management 1-2:30 Health Education		1 <sup>st</sup> Week NA Meeting	Early Recovery Tools	Healthy Families/ Nutrition	Physical Activity	Art Therapy	
			Inter- Active Parenting	Recovery				
2:00 – 3:00	Recovery Check-in 2:30		Yoga/ Communication Skills	1 <sup>st</sup> Week Town Hall	Nutrition	Life Skills	Art Therapy	Recovery Group

**Events Update**



The live auction at the Christmas Extravaganza featured a painting by an Epiphany Center client.

In January following a successful and fun-filled Tenth Annual Christmas Extravaganza, the MSJ-SE Auxiliary President, Jeanie Lawson presented Executive Director, Sister Eileen Kenny, DC, with a check for \$25,000! The annual Auxiliary raffle drawing with prizes of \$1,000, \$500 and \$250 will be held on April 9, 2007. Tickets (suggested donation \$5 each or 3 for \$10) are available by calling Jeanie at 415.587.1439 or Patsy at 415.351.4055.

*A Fool for a King*, may not have received an Oscar but it was a winner for MSJ-SE! Thanks to a magnificent cast and fantastic volunteers over \$179,000 was raised at two splendid performances.



Above left - Honorary Chairs Laura King Pfaff and Brenda MacLean and Event Chairs Linda Dougherty and Janet Ostler. Above right - David Fleishhacker. Left - Cast.



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Reflect often that it is not enough to have good intentions because, when we received the commandments to love God with all our heart, we also received a second commandment which is to love our neighbor.

-St. Louise

"When I left Epiphany Center I had a new sense of peace. I was more confident. I was able to look at my choices and my life. I was able to be open and willing to listen."  
 -MSJ-SE graduate

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**MSJSE gratefully acknowledges all our donors.**

We have listed donors for the period of January 1, 2006 to December 31, 2006. If we omitted or misspelled your name, we apologize and ask you to bring it to our attention. We are thankful for every gift!



# EPIPHANY PROGRAMS

## Epiphany Outpatient Program

provides intensive drug treatment for women who may also have a mental health diagnosis. Women who come for treatment may be pregnant, with children under 3 years, or without children. Services include drug education and process groups, individual counseling, parenting groups, health education, and life skills groups.

## Epiphany Parent-Child Center

is a licensed day care for children of women in the Outpatient program that provides early intervention for infant and toddlers with prenatal drug exposure. Children receive Developmental Assessment and Physical Therapy evaluations.

## Epiphany Family Treatment Program

offers individual and family therapy for women and their children. A Clinical Psychologist, Licensed Clinical Social Worker, and interns provide therapy for children and teens who are experiencing stress due to disruption of family unity, reunification, or other traumatic situations.

## Epiphany Residential Programs

provide residential treatment for women who are pregnant, with or without children and for children up to three years of age. The program offers support in parenting, independent living skills, household management, positive communication skills, and building a clean and sober network in the community.

## Epiphany In-Home Services

takes parenting support services into the homes of families at risk for losing custody of their child under the age of three. Outreach workers provide support with early intervention, information on child development, and referrals to appropriate services in the community.

## Epiphany Pediatric Clinic

is a satellite clinic of San Francisco General Hospital and serves approximately 50 families per year. A Pediatrician and Registered Nurse provide well baby checks, immunizations, sick care, growth monitoring, and health education to Epiphany families, former clients, and graduates.

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## Help Wanted

Women in the Epiphany Residential programs often arrive at MSJ-SE with very few possessions including clothing. In order to address this challenge there is a 'store' which is opened once a week where women can use credits that they have earned to purchase donated clothing and household goods.

We are looking for a team of store volunteers who would be willing to:

1. Contact stores requesting donations of new or gently used women and children's clothing and shoes and
2. Assist in organizing our 'store'.

Perhaps your church group or club may want to take on this important task. Please call Patsy Vincent at 415.351.4055 if you wish to help us with this retail venture.

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