



Breakthru House Inc.

"Where Women Breakthrough from Addiction to Recovery"

March 2020

Newsletter



Executive Team:
BreNita Jackson & Phebee Sims

Our Mission

Transforming the lives of women and their children struggling with alcohol and drug addiction by providing a long-term residential program to empower them to experience physical, emotional and spiritual healing through recovery.

BOARD MEMBERS

Julia Childs, Chair
Suzanne Savarese, Tres.
Isabel Pelcastre, Sec
Joseph Brown, Dir.
Nancy Young, Dir
Gordon Barber, Dir
Nicole McGlathery, Dir
June McKenzie, Dir
Ondre' Gooch, Dir
Vanessa Nelson, Dir

SAVE THE DATE

SPRING GRADUATION

4/22/20

Rescheduled-TBA
Decatur First UMC-300 E.
Ponce de Leon Ave
Decatur, GA 30030

www.breakthruhouseat.org



@breakthruhouse

A Note from the Executive Director

As I look back over 2019, it was an amazing year at Breakthru House. We provided treatment and services for more than 50 women and their families. We celebrated our 50th anniversary of providing healing services to our community. Breakthru House's celebration was an extraordinary event, hosted by the legendary Bill Curry, our keynote speaker was the courageous Antoinette Tuff and we celebrated with a sold-out crowd at the beautiful East Lake Golf Club.

Looking forward, I'm excited to work with such a strong professional cadre of addiction and mental health professionals along with an energized and committed Board of Directors. In 2020, we are developing the green space on our campus into a beautiful therapeutic space of healing. The Breakthru Mom House will open and our capacity to serve women in need of treatment and services will increase. Breakthru House is positioned for an incredible year.

In Gratitude,

BreNita Jackson

Greetings from the Office of the Clinical Director

It has been a joy to be afforded the opportunity to serve in this capacity at Breakthru House for the past 4 ½ years. My clinical background is extensive and spans a 25-year period.

Here at BTH, I'm blessed to develop programs of service and coordinate implementation with a host of talented and compassionate clinicians. We work with a shared vision, to see women's lives restored and empowered through the process of recovery.

In our 50th Year, we will continue to offer quality, compassionate, evidenced-based therapeutic recovery services while seeking to achieve a standard of excellence in care.

Sincerely,

Phebee Sims

The 2019 Year in Review

What an amazing journey it has been at BTH! Over 50 years ago, our Founders had the vision to transform the lives of women. Breakthru House Inc., celebrated its 50th year of serving women and their children who are in need of addiction treatment and have no means of affording it. We are beyond grateful to the entire Breakthru House staff, Board of Directors, Growing Strong and the Development team for making 2019 one of the largest fundraisers Breakthru House has experienced.

For the past 50 years, BTH has positioned itself to treat and empower women of all ages and cultures with tools needed to enhance their quality of life. In 2019, our residents were afforded the opportunity to experience Equine Therapy as another means to promote emotional growth and personal development.

Exercising is proven to prevent and improve a number of health problems, including diabetes, arthritis, high blood pressure and certainly drug addiction. Breakthru House has partnered with East Lake YMCA for the women to exercise daily since research has shown the physical benefits of keeping fit helps improve mood and reduce anxiety.

Breakthru will continue to forge forward in every effort to holistically meet the needs of its residents.



BTH INC SALUTES STAFF

Karissa Williams brings her expertise and years of experience to serve in a dual capacity as the Intake Coordinator and Individual Therapist. Karissa knows her responsibilities seem endless, but as a team player, she does what it takes to get the job done. When asked what

she enjoys most about working with the residents of BTH? Ms. Williams enjoys assisting the women in recognizing their trauma and working towards ways to heal from it. Karissa said, "I like that BTH takes a holistic approach to recovery and wellness. I enjoy working with the women by assisting them to uncover the core wound that keeps them in the cycle of addiction."

Master's degree, Community Counseling, Licensed Professional Counselor, Certified Clinical Hypnotherapist



Many relationships are compromised by addiction. The pitfall of addiction (i.e., losing a job, homelessness, poor Health, etc.) become the norm for many people combatting substance abuse. Relationships are often one of the first components of an addict's life that are destroyed. In America, February has been established as the month of Love. Family reunification is a major element of a restored life.

MARCH SOCIAL WORK

When things are at their most challenging, it is

**Social Workers
Generations
2020 Strong**

typically, a Social Worker who can step in and bring order to the chaos. It is their SUPERPOWER! You will find them all around the community just waiting and willing to help. Having such an amazing superpower makes it easy to see why we celebrate Social Work Month at Breakthru House. We Salute and celebrate the social workers on our staff.

BreNita Jackson, Phebee Sims, Tiffany Smith,
Jackuline Fly & Rachael Thomas

WILL DO-CAN DO RECOGNITION

Non-profit Organizations such as BTH operate under the auspices of well-defined job titles, disciplines and duties, however, for the organization to succeed, the staff has to exhibit a "WILL DO-CAN DO" attitude. Jackuline Fly & Symone Fears & Amanda Jones are two clinicians and house manager that consistently exemplify the "WILL DO- CAN DO" attitude. They are solution-focused. If there is a need, they will take the initiative to address it for the success of the residents and the daily operations of the program. We Salute the three in recognition for their dedicated professionalism.



Jackuline Fly



Symone Fears



Amanda Jones

VOLUNTEER HIGHLIGHTS

The power of volunteering has been documented for the last 2,500 years; however, a slew of recent research is shedding even more light onto its surprising benefits. Science now proves what great leaders and philosophers have known for years. "one of the great ironies in this life is this: He or she who serves almost always benefits more than he or she who is served." – Gordan Hinckle

According to Mark Horoszowski, Next Avenue Contributor and Co-Founder/CEO of Moving Worlds.org, he shares three surprising benefits of volunteering:

1. Volunteering time makes you feel like you have more time
2. Volunteering your skills helps you develop new skills.
3. Volunteering your body helps you have a healthier body.

On Martin Luther King Day 2020, Breakthru House was honored to have volunteers from Greenforest Community Baptist Church in Decatur, Georgia to complete a painting project. The fresh coats of paint gave the residents a clean and attractive environment to heal.

(MARCH) WOMEN'S HISTORY MONTH



As a gender-specific comprehensive treatment program for women and their children, BTH remembers the contributions of notable and ordinary women to increase consciousness and knowledge of women's history. We Salute our Women in History!

RESIDENT'S STORY

With the completion of Treatment at Breakthru House, she will also graduate from drug court in St. Mary's. She will reunite with her husband and children. Their desire is to relocate to Atlanta area to start life anew.



March – BTH Strategic Planning Meeting, Facilitator, C. Russell Davis, Executive Director of the N. Georgia Conference Camp and Retreat Ministries, Inc.