



THE NEXT DOOR

Newsletter

Third Quarter 2008

The Next Door, Inc. (formerly The Downtown Ministry Center) offers wholeness and hope to women in crisis.

Visit us online at
www.thenextdoor.org
 or call 615-251-8805

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Annual Retreat Provides both Fun and Spiritual and Personal Growth for the Women of The Next Door

On August 9 and 10, 62 women from The Next Door, including 38 current residents, 10 former residents, and 14 staff members and interns, enjoyed The Next Door's Annual Retreat at Camp Linden, Tennessee. The Retreat provided all of the women who attended with multiple opportunities for personal and spiritual growth as well as a great variety of "just plain fun" outdoor and indoor activities.

The main event on Saturday's schedule was a canoe trip, which challenged many of the women to experience canoeing for the first time ever. Emotions at the start of the trip ranged from excitement and upbeat anticipation to uncertainty and even fear. Every woman not only completed the journey successfully, but those

who were uncertain at the start enjoyed a huge sense of accomplishment when the trip was done. Other fun activities on Saturday included a very entertaining karaoke party and a big campfire where some women had their first taste of s'mores ever.

A new aspect of the Retreat this year was the participation of 10 women who are part of The Next Door's Continuous Recovery Management Program.

In January of this year, The Next Door initiated a focused program to provide ongoing support services for women who have completed

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"The retreat was one of the most inspiring moments of my life – I've never been able to do things like that in my life – it was so new, but so powerful. That was so good, I want to do that again."

— Aleshia Batey



Residents wind through a blindfold exercise during the retreat.





Annual Retreat Provides both Fun and Spiritual and Personal Growth for the Women of The Next Door

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at least 90 days in The Next Door's transitional residential program. CRM is designed to play a preventative role by increasing coping and recovery skills, providing spiritual and emotional support, and intervening early to prevent relapses. CRM seeks to build a spirit of community and peer support among former TND residents. Since the start of the CRM emphasis in

January, approximately 120 women have attended one weekly meeting, and average weekly attendance has grown to 38 women. The ten former residents, all of whom completed TND's program, were invited to join the retreat to provide leadership in three key areas during the weekend's activities: leading a ropes relapse prevention activity for current residents; serving as mentors and camp counselors for the weekend experience; and sharing their stories of hope with current residents during evening meditations.

Other activities during the weekend included a special Saturday evening group activity designed to build residents' recovery skills and a retreat worship service on Sunday morning, led by TND Chief Executive Officer Linda Leathers.

The retreat was an amazing experience. Participants agreed that the weekend was inspiring, motivating and encouraging and that it was a mountain-top experience that will serve as a significant marker in their life journeys of wholeness and hope.

"The retreat reminded me how important it is to show the ladies of TND that we must live - it is no survive - we must LIVE!"

— Eluise Hannah

"I have never experienced anything like what I experienced at the retreat. In the 16 years of living, I really forgot how much fun I could have without using drugs and alcohol."

— Vanessa Crucher

"I let go and let God. Showing the ladies that God is ultimately the leader of my life will hopefully show them where their true strength and inspiration should come from. I came back knowing that I could lead a group and that giving back in a leadership role was one of the most important things I could do for my recovery."

— Rosemary Carthoon

"The retreat brought back to me the reality that recovery is a state of mind - a place of true enjoyment and gratitude. I want to share that philosophy with other women."

— Cynthia Stovall

President Bush Honors TND at National Faith-Based Conference

President George W. Bush highlighted The Next Door as a top national model of a faith-based nonprofit providing recovery support services through the federally funded, state-administered Access to Recovery Program in his keynote address to the National Conference of Faith-Based and Community Initiative providers in Washington, D. C. in June. The audience included members of the President's Cabinet, Office of Faith-Based and Community Initiatives Director Jay Hein, and more than 1,200 public and private sector leaders.

The President's keynote address also featured Ramie Siler, former resident and now Orientation Case Manager at The Next Door. "You don't know Ramie Siler," President Bush told the luncheon audience, "but let me tell you what she has accomplished." He went on to recount Ramie's story of how she came to The Next Door; her determination to change her life to overcome addiction, and her reuniting with her daughter and family. Ramie's daughter, Dawn, a rising sophomore at Vanderbilt University, was also at the luncheon with her mother and was introduced by the President. The President also mentioned Ramie and The Next Door in his weekly radio address on June 28.

At another session of the conference, The Next Door's Chief Executive Officer Linda Leathers was introduced by Dr. Bertha Madras, deputy director of the Office of National Drug Control Policy, who recognized Linda's leadership of The Next Door to become what Dr. Madras called "one of the premiere



Ramie and Dawn

providers of recovery support services in the nation." At the conference The Next Door was announced as the winner of The Director's Choice Award in the "Portraits of Compassion" video competition among agencies from across the country. "We were thrilled that our video entry was chosen for the Director's Choice Award," Linda said. "It was a privilege for us to attend the conference and learn even more about the expansion of what other faith-based organizations are doing to provide quality service to those in need in our country and around the world."

"We are so grateful that this video so movingly and effectively portrays the mission and story of The Next Door and the journey of residents of TND downtown and its permanent housing complex, Freedom Recovery Community." Linda Leathers said in speaking of the winning entry. The video submission from The Next Door was produced by Nashville videographer Derek Peterson.



Next Door News Briefs

Cindy Sneed is Tennessee Counselor of the Year

Cindy Sneed, Chief Clinical Officer of The Next Door, Inc., was honored earlier this year by the Tennessee Licensed Professional Counselors Association (TLPCA) as the "Tennessee Counselor of the Year." The honor, designated the "Susan Hammonds-White Leadership Award", was awarded to Cindy by her peers across the state in the Tennessee Licensed Professional Counselor community. The Susan Hammonds White Leadership Award is given annually to promote the professional identity of Tennessee's Licensed Professional Counselors and to recognize professional contributions in two core areas: leadership and community service in the field of clinical mental health counseling. Members of the TLPCA honor a fellow Licensed Professional Counselor who best demonstrates these professional attributes, leads by example, and makes a significant difference in the mental health field.

Cindy was selected for her major contributions made to the counseling profession across the state of Tennessee. Her active involvement in changing the licensure requirements to adhere to the highest possible standards was cited as a significant effort that improved the profession locally, statewide and nationally. Additionally, Cindy provided strong leadership as President of the Tennessee Licensed Professional Counseling Association during its formation and first year of operation. Kay Arnold, also a member of TLPCA leadership, said, "Cindy's leadership was a major gift to Licensed Professional Counselors statewide. These significant contributions along with many others have been made without receiving a salary and solely for the promotion of the profession."

TND Welcomes 2008-2009 Interns

The Next Door has welcomed its largest group of interns since inception of the Intern Program, with 19 women selected from seven different area colleges and universities. This year's group of interns includes 12 Master's Level graduate students in counseling, social work, or psychiatric nurse practitioner programs. Five of this year's interns have already completed their Master's degrees and are completing required supervised work toward licensure, and two interns are doing undergraduate work.

TND's Intern Program has become one of the premier placements in the Nashville area for counseling, social work and nurse practitioner interns. Cindy Sneed, The Next Door's Chief Clinical Officer, oversees the clinical aspects of the intern program, and Sherry Goff is the administrative supervisor for the interns. Other licensed professionals serving on TND's Clinical

and Program Team also work with the interns in group and individual settings with TND and FRC clients and provide additional supervision.

Schools participating in this year's Intern Program are Vanderbilt School of Nursing Nurse Practitioner Program, Tennessee State University, Trevecca Nazarene University, Middle Tennessee State University, Argosy, Lipscomb University and the UT College of Social Work.

Interns working toward licensure provide 10 hours of individual and group counseling services at The Next Door; graduate and undergraduate students work 15 to 20 hours per week. The Intern Program assists TND to provide a high level of counseling and group services to every woman who comes to The Next Door and to leverage the TND professional staff's experience and abilities in supervising future counselors and social workers.



The Next Door Wins National Criminal Justice Association Outstanding Criminal Justice Program Award

The Next Door, Inc. was recognized as the Outstanding Criminal Justice Program in the South by the National Criminal Justice Association at the National Forum on Criminal Justice and Public Safety held in Louisville, Kentucky in August. The Next Door was nominated for this award by the Tennessee Office of Criminal Justice Programs. NCJA honors four programs from across the country each year.

The NCJA Outstanding Criminal Justice Program Awards are a way to seek out and share successful criminal justice programs. The purpose of these awards is to highlight programs that:

- Address an important criminal justice issue;

- Demonstrate effectiveness based on program goals;
- Are a good example of use of federal funds to initiate the program; and
- Can be easily replicated in other jurisdictions.

“The Next Door is a perfect example of how leveraging local, state and federal funds can work to positively impact the lives of women who are reentering our communities from time spent incarcerated,” said Patricia Dishman, director of the Tennessee Office of



L to R: Domingo S. Herraiz, Director of the Bureau of Justice Assistance, Patricia Dishman, Director of Tennessee Office of Criminal Justice Programs, Cindy Sneed, Chief Clinical Officer of TND, NCJA President David Steingraber, and Linda Leathers, Chief Executive Officer of TND. Photo by Matt D'Allesandro.

Criminal Justice Programs. “By supplying transitional living, mental health counseling and the life skills that is necessary to resume their lives, The Next Door provides a critical and valuable service.”

You are Invited to the Next Transition Ceremony

Sunday, November 16, 2008, 3:00 to 5:00 p.m. at First Lutheran Church, 113 8th Avenue South, Nashville, Tennessee 37203



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P.O. Box 23336
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