

Bethany Hall

FOR A NEW BEGINNING

1109 Franklin Rd., S.W., Roanoke, VA

(540) 343-4261

www.bethanyhall.org

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A United Way Partner



*Cayleigh, Maddie,
Mary, Jenny, Jackie, Tab
And our one of our
famous Penguins!*

Thanks to all of you for your generosity to Bethany Hall over the past year – whether it be by donations of clothing and household items, purchases of our baked goods, singing Telegrams, cash donations, or participating in one of our fundraisers – we could not survive without your help. Thank you for helping save a life!

January Calendar of Events

- January 1 Bethany Hall's 42nd anniversary
- January 10 5 p.m. Finance Committee meets at Bethany Hall
6 p.m. Board Meeting
- January 24 6 p.m. Board Governance Committee meets

January 2012



This is a time of year for reflection. We reflect on the past year, make "New Year's Resolutions" and have renewed hope for a new year.

For the women participating in treatment at Bethany Hall, it is a time of reflection of lives gone astray and hope for a different future. A future without drugs or alcohol, one where they and their families are no longer riddled with active addiction.

These women have to "resolve" on a daily basis, sometimes even on an hourly or minute-by-minute basis, that they will choose recovery and not return to active addiction.

Recovery can be a difficult process, but the rewards are endless.



Each February 14, you can find any number of Bethany Hall women scurrying around town in the van with staff; showing up to surprise loved ones with Singing Telegrams. For only \$25, you can get a song, flower, and a heart made of our "famous" chocolate covered peanut butter. For more information, or to purchase a "Singing Telegram," call 540-343-4261 x. 308. These spots fill up fast, so get yours early! (All proceeds benefit the client recreation fund and is used for the client annual retreat).

Staff Member of the Month
Each month this year will feature one of our staff members
Lynda McGarry, R.N., Nurse Case Manager – 9 years of service

New Bethany Hall Director Hopes for Program Visibility

The Bethany Hall Residential Recovery Program began forty two years ago in Old Southwest.

by Gene Marrano <http://newsroanoke.com/?p=14318>

Denise Yopp has been the executive director at Bethany Hall, a long-term residential recovery program for women battling substance abuse, for the past few months, although she's been working inside the program as a therapist and program director for 12 years. The program can last up to nine months. "With others you're lucky to get up to thirty days," said Yopp, who once had to recover from her own substance abuse issues.

Bethany Hall, which began 42 years ago as a halfway house, is one of only two programs for women in Virginia where they can be housed with their children. Centered at a large house in Old Southwest with room for 14 patients, the program rents additional apartments nearby when space is a problem. Women from across the state and elsewhere find their way to Bethany Hall, which is listed as a treatment center on government databases for substance abuse programs.

There is "no magic cure" to help these women break the cycle of substance abuse, according to Yopp, but Bethany Hall employs the 12-step methodology. Behavior therapy, a holistic approach that includes yoga and acupuncture, and teaching about better critical skills involves a "wraparound [approach]" to the problem. Many come to the program after being raised in an environment where substance abuse – drugs or alcohol – may have been the norm. "They don't know how to do anything different," said Yopp, who adds that 90 percent of the women involved were abused in some way.

Three months into the program clients are encouraged to find a job. A transition period begins at six months and after nine months the program hopes they are ready for the real world.

There is some tough love involved: women can be discharged from Bethany Hall if they slide back into substance abuse, or even smoke cigarettes. "It's about changing the behaviors that people learn in addiction," said Yopp. A structured schedule from 7am to 10pm helps keep the women on track. Partner agencies like Blue Ridge Behavioral Health Care are often involved. A one-year aftercare program and a thirty-day cycle for those who have slipped a bit are also part of the agenda.

"Jackie" graduated from the program and is now in aftercare. She was seven months pregnant and homeless when she entered Bethany Hall. Opiates were her drug of choice. "I wanted to desperately stop," said Jackie, who left Bethany Hall early the first time when she wasn't "ready to change." She lost a three-month-old son and spent time in jail. "That was kind of my bottom." She came back to Bethany Hall and eventually got back on track.

At any time of the year two to three graduates, like Jackie, come back daily to help current residents or administrators with programs or fundraising, like a recent bake sale. "What we create at Bethany Hall is a family," said Yopp. The program is funded by United Care, Medicaid and local social service agencies, grant requests and several fundraisers, including a fashion show, are also the norm. The annual campaign is underway now. Local governments chip in a bit, but state and federal funds are hard to come by. "It's a constant battle," said Yopp, who hopes to raise the visibility quotient for Bethany Hall. "We certainly need help and support."

The holiday season can be tough: "A lot of family issues come up during the holidays, a lot of loss issues," notes Yopp. "It's a stressful time for everybody." Dealing at the same time "with a chronic disease that kills people," makes it especially difficult.

It is "personally rewarding to provide [these women] what was provided to me," said Yopp about her own experience with the substance abuse recovery program at Bethany Hall. It's not just about quitting drugs and alcohol. It's also about "not being down on themselves so much." See bethanyhall.org for more on the program or to make a donation (correction to article. United Care should be United Way)

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