

# T R A N S I T I O N S

*Behavioral Health Services  
for Women*

## **Expanding the possibilities...**

St. Monica's has had a very exciting winter. A few weeks ago, we finished renovation on a much needed "West Wing" across the street at 105 Wedgewood Drive and very soon we will cut the ribbon on an initiative to improve the lives of our clients and the community with a unique approach to cultivating human potential.

We have moved our intake and admissions offices as well as our medical offices to the new building to better protect women's privacy and to make room for Project Strong Families Staff. The main facility can be overwhelming for a woman just entering treatment or a woman seeking medical help from our Nurse Practitioner. She often is nervous and scared. She may have several family members with her and she most likely will have the belongings she will need to stay for an extended period of time. It is important that a woman feels welcome and accepted to the program so she will learn trust and acceptance of the treatment plan we will ask her to implement. Our new admissions and medical offices are removed from the hub-bub of daily treatment and group therapy sessions. There is space for families to be together in a private setting with the admissions counselor so a warm, welcoming orientation can take place.

We have added a large meeting space where we will offer trainings for other human service providers as well as community education sessions on substance abuse, mental health and wellness issues. We will launch an exciting new initiative designed to help St. Monica's clients and alumni identify vocational tracks that will inspire and provide meaning to their lives.

This expansion was made possible by several very generous funders including: a federal appropriation sponsored by Sen. Ben Nelson, The Community Health Endowment, The Robert G. Wilson Foundation, and The Abel/Universal Surety Foundation.

*A quiet place for women to be admitted into treatment.*



**OUR  
MISSION**  
St. Monica's is committed to the sobriety of women of all ages through empowerment, stability and self-fulfillment.

**Call us at  
402.441.3768.**

**[www.stmonicas.com](http://www.stmonicas.com)**

**[info@stmonicas.com](mailto:info@stmonicas.com)**

*Our new training and development facility*



*A place for families*

# Holiday Spirit...Recession Proof

When the headlines read doom and gloom, St. Monica's donors dig deep. This season was one for the record books. There were 57 families needing holiday gifts and 26 groups and/or individuals who gave of their time and treasures to make the season bright.

Each year Santa and Mrs. Claus visit the families staying at St. Monica's. With many inches of snow on the way, Santa parked his sleigh in the drive and jingled his way to the front door. With sack in hand the jolly couple brought out gifts for each mother and child.

*(continued page 3)*



*Santa and Mrs. Claus bring gifts and cheer to Project Strong Families*

*Friends of St. Monica's,*

*I was told to keep my note to you short and sweet, and if you know all the activities happening at St. Monica's you know what a challenge that is! Let me start off with a big thanks...Bob (the therapy dog) and I want to thank everyone for their generous support with gifts over the Holidays.*

*The dismal weather this winter has challenged us all. And challenges are no stranger to the women and children walking through our doors. But like all us Nebraskans who have survived the cold and mounds of snow, our staff, our programs and our clients push ahead despite the uphill battle they face. Your financial generosity made this season an especially bright one at St. Monica's.*

*I'd like to share a special story and thank you to Otis Young and Sampson Construction. I received a voice mail from Otis just after Thanksgiving and was anxious to call him back, as talking with Otis was always a treat. I learned he was coordinating an extra special gift giving effort from Sampson employees to the families living at St. Monica's. As always, his humor and caring way was its own gift...but if you know Otis, he has a way of bringing out the best in everyone. The Sampson folks went to work. Otis wasn't able to finish this "project" himself, as he passed away a few days before Christmas. But his goodwill and the goodwill of the Sampson employees warmed the doors of St. Monica's this Holiday Season. He will be deeply missed by myself and by the community he served so well.*

*We look forward to meeting whatever challenges that lay before us this New Year. We are reassured by our wonderful supporters and their generosity to help us continue changing and saving lives.*

*Stay Warm,*

*Mary Barry Mag*

*Mary (and Bob)*



**The following generous donors contributed \$100 or more this fiscal year (between June 30th 2009 and January 30, 2010).**

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Joshua Wright

**Holiday Spirit... Recession Proof (continued)**

There were some women who were especially surprised. On December 20th, five new families checked into treatment. You can imagine what this was like. They needed help immediately, they were scared and a little shy, they had no idea what to expect...Santa had something for them too. These gifts helped them feel welcomed, like we were waiting for them and we were grateful they had arrived.

*"Thank you so much for the gifts. We all really do appreciate everything you did for us. I just got here to St. Monica's and to come and already have a present waiting for me was very nice. Thank you."*

-Sarah

We know our donors are top notch and you showed your generous spirit this holiday. Thank you to everyone who helped make this year a beautiful turning point for so many families.

**Holiday donors:**

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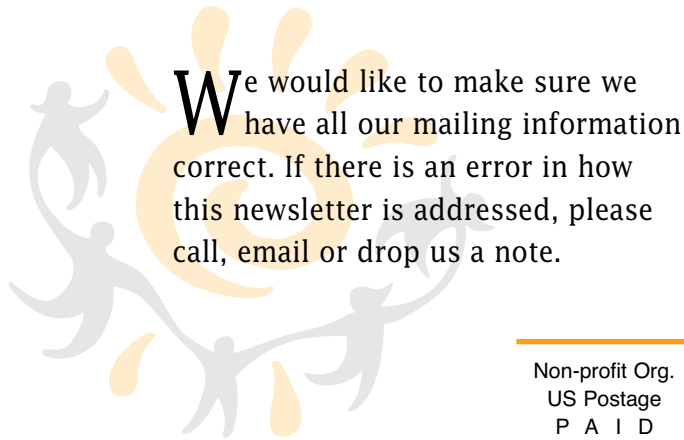


# St. Monica's



Behavioral Health Services  
for Women

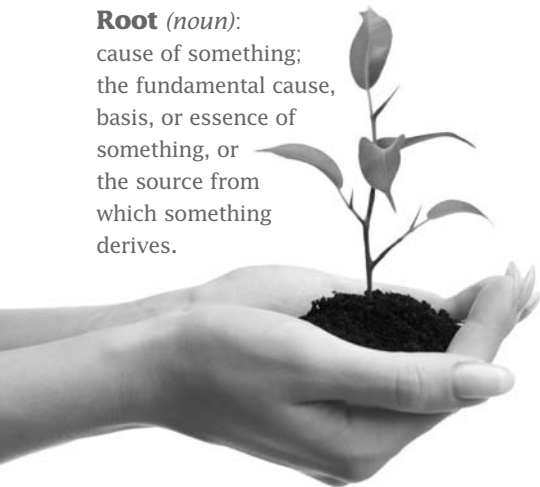
...addressing the root  
causes of substance  
abuse in women.



We would like to make sure we  
have all our mailing information  
correct. If there is an error in how  
this newsletter is addressed, please  
call, email or drop us a note.

## Root (noun):

cause of something;  
the fundamental cause,  
basis, or essence of  
something, or  
the source from  
which something  
derives.



## St. Monica's

120 Wedgewood Drive  
Lincoln, NE 68510

info@stmonicas.com

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## Rooted (adjective):

on which strong  
roots have developed;  
take root to become  
established and accepted.

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