



Serving the needs of women with co-occurring mental and addictive disorders

Volume II Issue 2 September, 2009



Celebration in Recovery!

On May 16th, Executive Director, Jenny Johnstone-Smith and Program Manager Erma Sedillo attended the *Celebration in Recovery* event held at the Albuquerque-Abruzzo International Balloon Museum. Agencies serving the recovery community, vendors and artisans displayed information and artwork, while listening to some great music and motivational speakers. Susan's Legacy had table and talked with numerous attendees interested in our program. More that a few people commented, "It's great there are unique programs such as yours, There, just aren't enough services like you offer!"



Susan's Legacy Hosts Safety Training

Also in May, Susan's Legacy hosted *Field Safety Training for Case Managers*. Other agencies were invited to send their case managers. Participants learned how to increase safety in volatile situations, to know what to do when presented with criminal activity while delivering services in the community, and how to strengthen policies and procedures to improve safety for case

managers. Barb Johnson, New Mexico Corrections Department (NMCD), Probation and Parole Division (retired) and Erma Sedillo, NMCD deputy cabinet secretary (retired) were the trainers for the afternoon. The training was well attended and the trainers received high marks for their presentation and content of information.

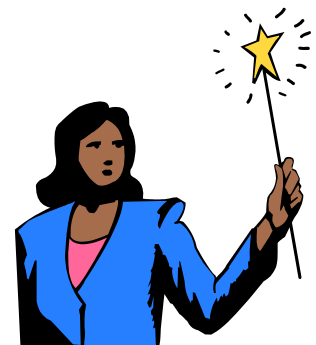
The Start of a New Grant Year...

This time of year is always a busy time for Susan's Legacy. As with many non-profits, closing out one grant year, which ended June 30th, and setting up the structure for the new grant year beginning July 1st, made for a flurry of activity! To add to the transition, Susan's Legacy welcomed OptumHealth New Mexico (OHNM) to the state. OHNM replaced ValueOptions as the statewide entity for behavioral health services. OHNM provided a lot of support for the transition and staff at Susan's Legacy attended numerous trainings leading up to the implementation of the new system. OHNM worked feverously to "go live" on July 1st and with the start of the new grant fiscal year we were underway!

Resident Successes!

One of our own was accepted into national service! "Susan's Legacy staff is very excited for resident, Angela Marquez," states Case Manager, Ali Calhoun. "Angela worked toward a goal and was recently accepted into AmeriCorps." Known as the domestic "peace corps," the corps' motto is, "Getting Things Done in Communities." And that is exactly what Angela is doing by serving as an AmeriCorps Vista with Help-New Mexico." Way to go Angela!

Angela tells us, "Since I've joined AmeriCorps I have had the opportunity to meet lots of different people from all over the US. I am learning many new things about myself and strengthening my skills everyday. It is a blessing to be able to help others and invest myself into something that means so much."



Also a special congrats to resident, Lisa, who recently received a Bachelors in Accounting June, 2009. This is Lisa's second Bachelor's. As Lisa tells it, "I intend to go back for my MBA in the spring or summer of 2010. I truly feel

that if Susan's Legacy had not provided me with the assistance I needed I could have never accomplished this.”

Resident Myra Wilson recently joined our board of directors and has been a valuable addition to the board, bringing first-hand knowledge to programming and policy development. She is also an excellent community speaker and one of our first residents to engage in a short-term workplace internship through our Job Development Program. Myra is interning at a local Farmers' Insurance agent's office.

Ashlee has re-organized the Peer Resident Advisory Group (PRAG) and they have been meeting regularly. The PRAG, taking on an agency leadership role, advises program staff and board on issues and policies that directly affect them.

It's important to note, that all women in our program are succeeding on some level. Each day a resident or client remains relapse-free, is a huge personal success. It's something they work for each and every day.

Way to go Ladies! Although we recognize that these achievements are truly yours, we believe it is a testament to the services we provide, that you are learning to reach for the stars!



Beauties on the Go Women's Health & Wellness Conference!



On Saturday, August 22nd, Susan's Legacy staff, residents and board members were treated to a fun-filled day at the *Beauties on the Go* conference. Held at the Tanoan Country Club, it was a lovely venue and the event showcased women-owned businesses and inspirational empowerment activities. Vendors demonstrated and shared their knowledge about essential oils, unique cutting-edge products, financial planning, and various other topics and products. Massages and healthy snacks were served, and many nutritious supplements were sampled.



Valerie Wagauman, aka "Siren," of NBC's hit reality show, "American Gladiator,"



entertained the attendees as keynote speaker. She provided keen insights on how to “psyche oneself up for a challenge...one small step at a time!” As Valerie showed us her “BRING IT!” attitude, we all learned how to develop a battle cry - often the first step to facing one’s fears.



*Angela Marquez & BOIG
Owner, Gabriela Chavez*

As the sponsored non-profit, Susan’s Legacy was honored to attend, and especially to see residents enjoying such an empowering event. An added treat was to watch Angela Marquez, the honored resident, receive a gift bag filled with vendor

products and samples. All attendees received smaller gift bags, and there were many wonderful door prizes awarded! Event pictures provided by

Enrique C. Knell
ECKNELLPHOTO.COM PHOTOGRAPHY

A huge thanks to Beauties on the Go owner, Gabriela Chavez and conference organizers for selecting Susan’s Legacy as the honored non-profit. It was a rewarding day for all! But let the pictures speak for themselves!



Little Beauty on the Go!

Board Member Myra Wilson & Gabriela

*Executive Director, Jenny
Johnstone-Smith with
Business Vendor*



Life Skills Begins Financial Literacy Course

Participants of our United Way of Central New Mexico (UWCNM) funded Life Skills classes recently began learning about financial literacy. The New Mexico Professional Financial Planners program is providing this free financial literacy training, also made possible through a grant they received from UWCNM. Training targets underserved groups in Albuquerque and Susan's Legacy clients were very excited to begin the program. Classes began on August 3rd, when our clients and clients from other organizations attended the first of a ten-week course. Classes are offered through Susan's Legacy's Life Skills program, every other Monday and class topics include: *Your Money and Your Life, Spending and Saving, Getting out of Debt, Insurance, Short and Long-Term Investing, Retirement Planning, Buying Big Ticket Items, Income Taxes, When Life Happens, and Hiring a Financial Planner*. Once participants complete the course, they will be qualified to participate in an Individual Development Account (IDA) savings program. Account holder savings are then matched by the IDA sponsoring organization. Every one dollar saved is matched by up to four dollars!

IDA programs are designed for those persons who want to buy a home, go to college, or start a business. "It's one of the most innovative initiatives for someone to save money and use it in the near future, if they stay in the IDA savings program," said Erma Sedillo, Program Manager for Susan's Legacy. "If they withdraw from the program, then they take only the money that they saved, not the investment match," she continued. Susan's Legacy is fortunate to have financial professionals provide the best training and opportunities for its clients. "That The New Mexico Professional Financial Planners and Susan's Legacy's Life Skills programs are both United Way funded programs makes for a nice collaboration to improve the literacy skills of those we serve," adds Executive Director Jenny Johnstone-Smith.



Thanks for continued funding through...

The U.S. Department of Housing & Urban Development's Continuum of Care through a sub-award from Catholic Charities of Central New Mexico ◆ New Mexico Mortgage Finance Authority ◆ New Mexico Human Services Department, Behavioral Health Services Division ◆ United Way of Central New Mexico ◆ OptumHealth New Mexico ◆ A Caring Community!



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Programs & Services

◆ Permanent Supportive Housing ◆ Support and Recovery Groups ◆ Guiding Healthy Choices, Building Lasting Skills Life Skills Program ◆ Job Development and Placement ◆ Case Management ◆



Wish List

Volunteer: Teach a Life Skills class ◆ Join the Fundraising Committee ◆ Become a SOUL Sister Mentor ◆ Provide Moving Assistance ◆ Write a Grant! **Financial support:** Sponsor an Event ◆ Make a Cash Donation ◆ Make an In-kind Donation (household goods, diapers, feminine hygiene products, toiletries holiday gift bags) ◆ Donate Printing Costs ◆ Office Supplies (Print Cartridges, file folders, copy paper, 2-pocket folders) ◆ Provide a Workplace internship for our Job Development Program!



Check Us Out!

Be sure to visit our out our web site at www.susanslegacy.org for more information.

PLEASE CONSIDER A DONATION TO SUSAN'S LEGACY

\$50 buys five \$10 gas cards for clients to carpool.

\$180 buys a client's monthly bus pass for an entire year.

Checks may be made out to Susan's Legacy
6721 Academy Road NE, Suite A, Albuquerque, NM 87109

ALL DONATIONS ARE TAX-DEDUCTIBLE



Save a Woman

Save a Family!

Quote by Jesse's Mom

