



ANNUAL REPORT

NEW HOPE AT THE CROSSROADS



Nick Roes, PhD in Addictions Counseling, CASAC, CJC, RAS; New Hope Manor Executive Director

Since 1970, New Hope Manor has made a difference in the lives of more than 3,000 women, and many of their children. Sometimes this was the difference between life and death; other times, the difference between a living death and a real life. Our graduates include university deans, medical doctors, attorneys, highly successful homemakers, leaders at Fortune 500 companies, government employees, and social workers. Our graduates participate in just about every service and industry you can think of. They have meaningful lives, and have experienced a joy very different from what their lives were like before New Hope.

Still, we grieve over the ones we couldn't help. We wonder what we could have done better, and discuss the program changes that might make an even bigger difference in the future. We've been facing the same basic problem for several years now: How can we keep improving what we know works in an environment that sometimes seems hostile to us?

We provide the tools that allow each woman who comes to us to get in touch with her unique talents and abilities, so that she may achieve and maintain long-term, quality sobriety. We understand that we need to support those we serve by outreach, throughout all phases of their treatment and in aftercare.

The world is not the same as it was when New Hope was founded in 1970. We are equipped with more and better tools of recovery, but at the same time we are facing more and bigger obstacles. There's always pressure to compromise, to lower our standards. There's the temptation to focus our efforts on appearance rather than substance. With your help, we have resisted these temptations, and we hope to continue our unique form of service for many years to come.

We'd like to thank everyone who has supported us in our mission for the past 39 years. We're proud of every single one of the women who have sought our help to break the chains of addiction. We appreciate the support and patience of their families, and the dedication of our staff. There's not one person on our staff who couldn't be making more money doing something else.

Our relationship with the New York State Office of Alcoholism and Substance Abuse Services is a partnership in the truest sense of the word. We appreciate the cooperation of our colleagues in the criminal justice, social service, and healthcare systems. We can hardly believe the dedication, loyalty and generosity of our donor base.

Please stick with us. Offer us your time, your donations, your prayers, and your advice. Volunteer for our Board of Directors or a committee of the Board, share your expertise, send a donation, or say a prayer. All of us are privileged to play even the smallest role, supporting the struggles of a woman working to reclaim her life at New Hope Manor.

Love, Nick



Mother/Infant Program

For new mothers,
we provide

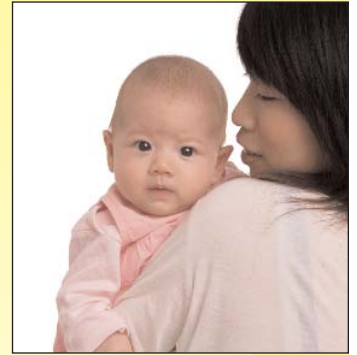


- Continuing education that includes classes in child raising, parental discipline, nutrition, developmental milestones, and a variety of other topics for new parents
- Classes for mother/infant bonding and medical issues
- Mother/infant shopping for each child's needs
- Mother's Group Sessions
- Individual mother/infant counseling sessions
- WIC Program



As each child grows and develops, we provide

- A continued warm, loving atmosphere of support for growth and development
- Childcare workers to care for children during the day and evening hours
- Developmentally appropriate activities for children in our nursery
- Continued WIC services
- Developmental services as needed, including regularly scheduled Early Intervention Program assessments
- Daily monitoring by our nursing staff and Mother/Infant Coordinator and continued well baby/pediatrician visits



When clients transition to our Poughkeepsie facility, we provide

- Individual guidance in searching for day care centers and in finding a pediatrician
- Special orientation to the Poughkeepsie location for each mother and child
- Assistance in transferring WIC services
- Continued weekly monitoring by the Mother/Infant Coordinator
- Ways and means to help children adjust to their new environment



SHARE OUR SUCCESS STORIES

Ten clients completed treatment at New Hope Manor during 2008 including women and babies. Here are just a few of their stories. Of course, we have changed the names and other identifying information to protect their confidentiality.

Meet Tanika!

Tanika came to New Hope addicted, pregnant and all alone. She didn't like being here at first, but felt she had no other choice. After giving birth to a healthy baby boy, she began to use some of the tools of the program to promote her own personal growth. This included growing into the big shoes of motherhood.

She took classes in parenting skills and computer classes offered on site. So Tanika was able to get a good job in Poughkeepsie while still in our program. We were able to provide support through the challenges of being new to the work place. Tanika works full time in a medical office and cares for her toddler.

Meet Tiffany!

Tiffany came to our program homeless and in handcuffs. She chose New Hope over prison, but was often tempted to give up.

Today she is a woman with strong values, concrete goals and ambitious dreams. She has her own apartment, an excellent support network in place, and is the head Chef at a Dutchess County nursing home.



Meet Baby James!

James was born while his Mom was in treatment at New Hope, and he was among our youngest graduates. He was given a real chance at life because of the brave decision his Mom made: entering into long term, residential treatment.

James played in a fully staffed child resource room on the grounds of New Hope. His Mom knew he was safe there, so she was able to concentrate on her therapy.

Instead of being in foster care, James got the chance to bond with his mother. His mother got the chance to be the kind of Mom she always wanted to be.



NEW HOPE MANOR MISSION STATEMENT

It is New Hope's mission to offer high quality substance abuse treatment services to women, including adolescent women and pregnant women, and to provide quality care to the young children of our clients. We respect the dignity and uniqueness of every woman who seeks our help. We believe that once a woman has reached a certain point of intellectual, emotional and spiritual growth, substance abuse is no longer a viable option for her: she has too much respect for herself and her potential.

To help those we serve be better able to care for themselves, and enter into more positive relationships with others, we offer a program designed to promote greater self-awareness, self-respect, and self-worth.

SERVICES OFFERED AT NEW HOPE

Women and pregnant women, including adolescents, ages 14 and older:

- Gender specific, research-based, motivational, non-confrontational approach
- Individualized treatment planning
- Individual, group and family counseling
- Individualized vocational/educational track including career counseling, vocational assessment
- Public high school, GED, pre-GED, business and Marist College courses on-site
- Creative Arts Therapy
- Parenting Classes
- Psychiatric evaluation and ongoing medications management on-site
- Developmentally appropriate adolescent counseling
- 12 Steps fully integrated into program
- Self Help groups and spiritual/religious support based on client interest/religion
- Medical case management (including HIV, Hepatitis C)
- HIV/AIDS education and prevention
- Relapse prevention groups
- Re-entry in Poughkeepsie or reunification with family following intensive phase of treatment in Barryville
- Aftercare available for one year free of charge

Mother/Infant Track --- All other services, plus:

- Mother/Infant Bonding Group (Reading/play group, facilitated by LPN)
- Mothers Issues Group (Support group facilitated by Mother/Infant Program Coordinator)
- Curriculum Group (Topics such as child's self-esteem, positive discipline, child development, etc., facilitated by Mother/Infant Program Coordinator)
- Mother/Infant Medical Issues Group (Focused on physical needs of child, safety issues, facilitated by LPN)
- Individual counseling sessions with Mother/Infant Program Coordinator
- Pre-natal and post-natal care
- Pediatric care
- Education on pregnancy
- Individual programming based on medical needs
- Developmentally appropriate activities for children in Children's Resource Room, staffed by experienced childcare providers
- Developmental assessment of children



THE DAWN OF NEW HOPE



July, 1970—Fr. Dan Egan arrives with two women from New York City's Village Haven and "Main-a-Dieu" ("Hands of God") is founded as a ministry of the Franciscan Friars of the Atonement at Graymoor in Garrison, NY.

August 1970—New Hope Manor is chosen as the name of the program, and the first new intake is accepted on August 28.

September 8, 1970—The formal opening of New Hope Manor, New York State's first all female, residential substance abuse treatment center. New Hope later becomes the very first residential drug program to be approved and licensed by New York State.

1972—Since education and vocational services are so important to recovery, affiliations are made with Marist College and Haldane High School (Cold Spring), and our school is up and running.

1976—Dominican Sisters of Sparkill, who had been volunteering during summers, return for a full-time ministry. Many other religious orders and lay persons also volunteer.

1982—Friars decide they can no longer continue to sponsor the program. Staff convinces them to postpone closing the program until a new home could be found.

October 18, 1985—We arrive at our new home in Barryville and become a private, non-sectarian, non-profit corporation with an independent Board of Directors.

June 7, 1988—New Hope Manor receives NYS Division of Substance Abuse Services award "in recognition of outstanding contribution to the fight against substance abuse".

October 18, 1991—New Hope Manor receives a service award from the Alcoholism & Drug Abuse Council of Orange County.

1994—New Hope Manor becomes an approved provider of continuing education for credentialed counselors.

1995—Though New Hope Manor has housed infants at many times throughout its 32 year history, a formalized Mother/Infant Program is begun, so that pregnant women have the option to remain in treatment with their newborns.

2001—New Hope Manor receives March of Dimes grant to improve the probability of healthy births among high risk women.

2002—New Hope clients move into their newly renovated facility, with an expanded license to serve up to 56 women and children.

2006 - Awarded OASAS grant to expand services to mothers and children, including program enhancements and space for eight additional mothers and children up to age three.

2009 - Construction begins on new wing which will include space for a new nursery, offices and allow for an additional 8 beds



Our recently built main house and residence in Barryville, New York, includes living quarters for all those in the program and supervising staff members. It has residents' living quarters, kitchen, dining room, receptionist's office, laundry room, living room, nursery, medical office, conference room and staff offices.

Yes! I want to help NEW HOPE MANOR



- Please add my name to your mailing list

Name: _____

Email: _____

Address: _____

Telephone: _____

- Enclosed is my tax-deductible gift of
\$_____.

Please make checks payable to

NEW HOPE MANOR

and mail to

**35 Hillside Road
Barryville, NY 12719-9510**



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