

Fall, 2017

THE GOODEN NEWS

INFORMING THE COMMUNITY OF EVENTS, DEVELOPMENTS
AND OUR MISSION-BASED ACCOMPLISHMENTS

GROWTH AND TRANSITION

In December of 2016, less than a year ago, we took a huge step by adding sub-acute mental health treatment to the services that we provide. This has proven to be an extremely positive move. Our latest transition is now in process! Effective immediately, we are introducing our newest treatment program: mental health for women! When questioned why we are doing this, CEO Thomas McNulty said “I’m tired of turning women away when they call in need of mental health treatment! We receive calls from women every day.” As a result, there have been facility transitions.

In 1962 when The Gooden Center was an idea put into reality, The Bishop Gooden Home on El Molino Avenue in Pasadena became an iconic residence for men seeking physical health and emotional renewal. This 1894 Craftsman style house with its big front porch later grew to become the temporary residence for up to 19 clients, plus meeting space for them and their counselors. It is where over 33,000 meals are prepared and served annually. A building added in 1994 at the rear provides bedrooms for 10 Sober Living clients and a house manager.

The “BG”, as it is fondly called by its alumni, remains the place to come on Monday nights for Steak Night and recovery birthday celebrations. That big front porch is where clients’ families visit on the weekends and young children feel safe and happy, exploring the yard and often finding cookies in the dining room.

Beyond this grand old house, much has changed.

- In 2001, thanks to the support of the Hochman Family, a lovely home further north on El Molino became a Sober Living facility.
- In 2005, Holliston Court was purchased as an additional Sober Living facility.
- For many years, The Gooden Center rented a house across the street from the Bishop Gooden Home, generally known as “The Annex” for Sober Living clients. In 2012 when the owner razed this property, an additional house on El Molino just north of the Hochman House was rented.
- In March of 2016, a new facility was opened on Green Street to accommodate Outpatient and Family Treatment and to provide offices for Finance, Human Resources, and Administration.

We are continuing to grow, and growth requires space and moves:

In January of this year, Hochman House – with the blessing of the Hochman family – became the Residential treatment facility for mental health for men. In the anticipation of these men transitioning into the outpatient mental health program, Holliston Court was prepared for them. Hochman House will now become the new home of women’s mental health treatment and as they transition into its outpatient program, they will move to the house just north on El Molino. A new facility on North Hill Street has been rented as a Sober Living home for addictive disease clients.

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MESSAGE FROM OUR CEO



The challenges and gratification of change!

A great deal has happened at The Gooden Center in the last eight months. Incorporating mental health treatment into our program has required a tremendous amount of work by our staff and our leadership. Everyone – our program staff, finance department, human resources, IT, housekeeping, property management, the kitchen – has been impacted by the extra effort required to bring this project together. Dedicated staff members have worked overtime to prepare for and obtain the necessary licensing, certification, and accreditation needed to operate at the high standards held by The Gooden Center. I wish to thank them all! Nothing means more to an organization than a staff that recognizes the importance of its mission, and that is willing to make it a reality!

I also want to thank our Board and Advisory Council as we begin a new season. Their support and investment of time and commitment are essential to the work that we do and I especially am grateful!

2017 is the next date to be added to our legacy timeline of growth and impact on the community.

Thomas J. McNulty, Pharm.D.

GOODEN THANKS MATT KLOSE

Matt Klose found an unexpected turn in his life after coming to The Gooden Center as a client in 2013. While in treatment Matt was able to reevaluate who he is and what he wants most out of life. He resigned from his job as an outside sales representative and accepted a position at The Gooden Center in the Fall of 2014. He is now our Admissions Manager. It is his job to determine if a potential client and our program are a match and to then guide them into treatment.

Matt learned by paying attention, studying, being willing to ask a lot of questions, and accessing information from his own experiences. He understands what it is like to sit on the other side of the desk. What challenges him most? When the man he interviews does not accept the help and tools being offered to him. What is most rewarding? When he is able to see the difference in a man, and his family, at 30-, 60-, 90-days into treatment – the 180 degrees of change in their lives. We are proud to acknowledge Matt as our Employee of the Quarter.



GOODEN WELCOMES JAMIE DAVID



We are thrilled to introduce Jamie David to our mental health team!

Jamie is an MFT-Intern who works with the mental health IOP and RTC clients at our Wellness Center at Holliston Court. Jamie is certified in Trauma Focused Cognitive Behavioral Therapy and Functional Family Therapy and has many years of experience working with individuals and families. Jamie operates from a strength based, person centered model using CBT, solution focused, Gestalt, and psychodynamic techniques in order to help clients attain their goals, improve their relationships, and help clients function better in their day-to-day lives. Jamie received her MS in Counseling Psychology from California Baptist University.

Jamie says, “What I love most about my job is spending time getting to know the clients and their families and working to help meet their needs with assistance from a great team.”

“Jamie is one of the hardest-working and most versatile members of the mental health team. Both I and the entire team are lucky to be working with her,” says Cory Mitchell (MH Program Administrator).

TRANSFORMATION

Bud is a soft spoken musician. His demeanor reflects a spirit of kindness and gentleness. He grew up in Los Angeles. As a youth he taught himself to play the guitar and spent hours “playing for” music stars. He daydreamed his future as a professional musician. He attended Glendale Community College for a year, studying psychology and music.

Problems with alcohol got in the way. Bud came through our Residential addictive disease program but met personal challenges.

Bud moved back home and tried to work the steps from there. He also tried to take a social drink but learned that this was not possible for him.

In February, he entered our mental health program at Hochman House. Here he was able to find help and to establish strong footing.

He has returned to The Gooden Center as a volunteer weekly in order to be close to the program and to be of help to “my people.” Bud defines “my people” as those who want help and those who have found themselves in the same situation and have given help.

He spends time escorting Residential clients to doctor’s appointments, the DMV and other community agencies, and accompanying the clients and staff on weekly hikes. We are pleased that Bud has become one of “our people.”



Bud Y.

2ND ANNUAL JOSHUA TREE RETREAT!

On June 30th through July 2nd, the Alumni Association held its second Annual Retreat at the Joshua Tree Retreat Center.

John B., one of 40+ Alumni in attendance, shared that this was his first retreat and he was excited to attend. He valued the time sharing stories around the pool and hiking. The conversation was good; the 12 step meetings were valuable. John appreciated the connection with men from many walks of life.

The Retreat location rests on an aquifer, an underground running river which produces an intriguing magnetic effect on those who enter this ancient and sacred space. This, coupled with several energy vortices, were found to be helpful in both relaxation and meditations.

Friday night, Saturday night and Sunday mornings involved meetings devoted to each of the 12 steps, open to discussion on how each individual interprets each step - led by event leaders Greg H., Kevin S. and George R.. Saturday and Sunday meditations and breathing exercises were led by Tom M.

Ron H. says, “The camaraderie, fellowship, friendship and spirituality of this second retreat renewed and strengthened my devotion to leading a clean, sober and rewarding happy life!”

Saturday afternoon Alumni explored the Joshua Tree National Park. Some hiked locally, mountain-biked, visited the “Integratron” (Google it!) and “Giant Rock”. These activities were fueled by the gargantuan pancakes with homemade fruit compote and freshly whipped cream prepared by Chefs Molly and Kent D’Huet!

The Retreat was completely self-funded through the contributions of those attending, donations and sponsorships from those who could not attend, coupled with fundraising efforts of the Alumni Planning Committee members.

Thank you to all the leaders and contributors that made this retreat possible: Greg H., Kevin S. George R., Danny T., Ken. Tom. M., Ron H., George G., Johnny U. — **SAVE THE DATE: April 6-8, 2018 - next year’s Joshua Tree Retreat!**





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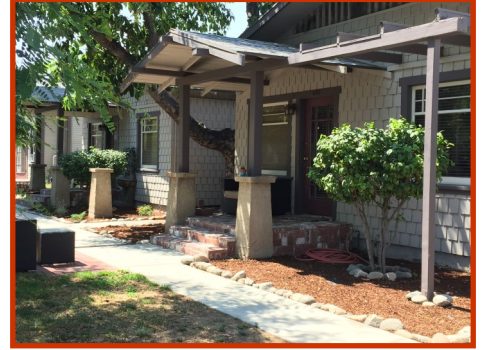
GROWTH AND TRANSITION (CONTINUES)



Bishop Gooden Home



Hochman House



Holliston Court



North Hill Street



465 N. El Molino



Green Street