



2017 RECOVERY WITHOUT WALLS FALMOUTH ROAD RACE TEAM

# Recovery Without Walls

Cape Cod

## Winter 2017

*Dedicated to helping women heal lives interrupted by substance abuse and related trauma*

## RWW Moves and Grows

After many years, Recovery Without Walls (RWW), has moved its offices. Still located at 350 Gifford Street in Homeport, and only up one flight of stairs, the new location provides more space in order to meet the continuing growth of the RWW program. The office has an open, light feel with partial glass walls which enhance the comfortable and warm atmosphere that is so important to our work.

No longer cramped for space, the new office has ample room to accommodate RWW volunteer administrative and holistic staff.

As you enter the new office, there is a welcoming seating area, coffee station and bench for removing and storing shoes before meditation.

Bill Dougherty, Founder and Executive Director of RWW, has a

spacious office with a relaxed meeting area for visits and wellness check-ins with clients as well as collaboration with community partners.

A second office offers ample space for volunteer staff and includes a desk, computer and work area for helping with ongoing organizational tasks, event and outreach planning, as well as grant development.

An exciting added feature is our third room which is a new meditation studio for our holistic based program, The Gathering Point (see article on page 3).

**The sustaining contributions from our generous donors and the tireless fundraising efforts of volunteers have afforded us the opportunity of continuing to carry**

on and build on the mission and vision of RWW.



# Looking Back and Moving Ahead

## Grants and Awards

Recovery Without Walls (RWW) was recently awarded a \$15,000 grant from Income Research + Management (IR+M), a Boston based investment company. IR+M awards grants in support of worthwhile community charities which impact education, health and wellness, and youth programs. We were proud to be nominated by Kara Maloy, an employee with IR+M and daughter of the late John Maloy, for whom our tennis tournament is named. An interesting twist to this award is that the IR+M employees vote for the causes they deem most worthy. It was an honor to be awarded the grant and we are very grateful to Kara for her support.

This past year, RWW was awarded grants from various foundations and organizations for which we are most grateful:

- The Edward Bangs Kelley and Elza Kelley Foundation
- Hermann Foundation
- Falmouth Road Race
- Falmouth Housing Corporation
- Woods Hole Foundation
- Henderson Foundation

## Fundraising Events/Outreach

In its 8<sup>th</sup> year participating in the annual Falmouth Road Race, RWW was able to fund numbers for 22 runners to fundraise for its team. An additional 7 local runners joined the RWW team and raised over \$49,000!

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The King's Grant Racquet Club hosted the 11<sup>th</sup> annual Recovery Without Walls John Maloy Women's

Tennis Tournament, September 23 and 24. Twenty-two doubles teams, in four divisions, played in the two-day tournament in support of RWW. Many volunteers helped out with all aspects of the tournament including set up and break down, registrations, raffle ticket sales, food preparation and general service. Thank you to all!

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This holiday season, RWW will continue its **Cups for Heroes** program. RWW volunteers randomly surprise unsuspecting police officers and firefighters throughout the Cape with Dunkin Donut gift cards. This program demonstrates support and gratitude to local law enforcement and first responders for their continuous efforts to keep the community safe and help others, particularly those with substance issues.

## Holistic Healing

As we close out 2017, RWW is focused on the development and extension of The Gathering Point (see article on page 3). In 2018, this holistic based program will be offering individual acupuncture, group (auricular) ear acupuncture and two meditation/mindfulness classes.

The challenging goal of **enhanced success in recovery** is the driving force to incorporate these holistic practices into the lives of RWW clients. Going forward, RWW is slated to offer 800 hours of holistic sessions including weekly acupuncture and mediation classes.

## HIGHLIGHTS



### 11<sup>th</sup> Annual Recovery Without Walls John Maloy Women's Tennis Tournament

Returning players and tournament winners, Lisa Tholen and Yvette Kruger celebrate their victory.



### Cups for Heroes

Recovery Without Walls volunteer Lisa Kelliher gives Barnstable police officer Mark McWilliams a gift card to Dunkin' Donuts as a thank you for serving the community.



### Holistic Healing

Jennifer Beth Kelly, certified yoga instructor and holistic health practitioner, is the facilitator for RWW's The Gathering Point Mindfulness and Meditation classes.

# The Gathering Point



Angela Tymrak, RN, LicAc. administers full body acupuncture with an RWW client.

RWW began developing The Gathering Point earlier this year as a way to expand the success of its opiate-focused acupuncture program. Bill Dougherty, Executive Director wanted to expand the program to include the overlooked population of alcoholic women in Barnstable County. The tangible benefits of the RWW acupuncture program over the last two years, specifically reductions in anxiety, stress, cravings and relapse, are equally necessary for female alcoholics who are experiencing similar obstacles to their recovery.

The Gathering Point is now a holistic healing program within RWW. It includes:

- Individual acupuncture (participants are selected on a case by case basis)
- Weekly group auriculotherapy (ear acupuncture) treatments
- Meditation/mindfulness classes

These dynamics classes are open to all women in recovery and are **free of charge**. The classes are designed to assist participants in cultivating a deep sense of relaxation and renewal, combining soothing guided meditation, calming rhythmical breathing exercises, energizing body movements and rejuvenating sound therapy. Word is getting out within the recovery community about the benefits women are enjoying and attendance is growing!

Facilitator and holistic health practitioner, Jennifer Beth Kelly, has acquired a strong following as women return to class weekly to engage in practical mindfulness & meditation techniques to enhance their recovery by easing the daily stresses of life.

RWW is eager to work collaboratively with other addiction-focused programs on Cape Cod. Please let us know of groups who may benefit from participation.

This outreach program, just like our organization name, is truly "recovery without walls."



RWW volunteer takes a rejuvenating break in the Gathering Point's holistic healing space.

**For more information on the group acupuncture treatments or to register for one of the classes, please visit our website [www.recoverywithoutwalls.org](http://www.recoverywithoutwalls.org).**



Auricular acupuncture will be administered by licensed acupuncturist, Arlene Myers, LICAC, who has an active practice in Mashpee, Acupuncture and Associated Therapies.

*"The overall objective of this program is to develop a cost effective and replicable model for stabilizing recovery in women which incorporates the benefits of holistic practices into traditional and personal addiction management."* Bill Dougherty, RWW Executive Director

# Recovery Without Walls

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Winter 2017 Newsletter



**Newsletter Editor:**  
**Lauren Lee Marcinkiewicz**

## Mission Statement

To provide structure, safety, support and stability to women on Cape Cod whose lives have been interrupted by the trauma of substance abuse in order to facilitate a sustainable recovery.

## Vision Statement

We will become the model for community-based, post-treatment recovery support services for women, as well as an information resource about substance abuse recovery for clients, their families and the broader community. To do so, we will build a collaborative network with other community organizations while developing a strong philanthropy program to support our mission. Above all, we will endeavor to seek innovative solutions to long-term recovery.

## Value Statement

To be respectful, professional and caring as we assist women seeking help in recovery, offering privacy and confidentiality in all interactions. To encourage honest and responsible life decisions, supported by 12 step recovery and other professional resources, and to foster community involvement and connection through volunteering and helping others.

**As a non-profit organization, RWW depends  
entirely on contributions.**

**Please support us with a tax deductible  
contribution today!**

## Our Services

- Client support (case management) during the first three to five years following treatment when women are most vulnerable to relapse.
- Information/recommendations on housing options that are affordable, safe, and support recovery and a healthy lifestyle.
- Mentoring/coaching on recovery skills, job placement and educational opportunities.
- Skill development through general office experience at RWW including event management and web maintenance.
- Client advocacy/problem solving around probation issues, drug testing, court ordered treatment and other legal requirements.
- Information and referrals on mental health, substance abuse and general health resources.
- Financial assistance with rent, medications, legal fines, court fees, etc.
- Information, support and advocacy for family members needing understanding and guidance for substance abuse issues.
- Recovery guidance and support using a holistic approach including acupuncture and meditation skills.