

HIGHER GROUND
 A TIYOSPAYE INC.
 PROGRAM
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Higher Places

“Helping People Choose to Change”

VOLUME II, ISSUE II

SUMMER 2007

Promoting Healthy Families

Substance Abuse Prevention / Intervention

Bilingual Spanish Services

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Todd Tiaht Visits Higher Ground

Congressman Todd Tiaht honored Higher Ground with a visit last May, and was impressed with what he learned. “I thought I was going to be bored on this tour,” he admitted, “But I wasn’t at all.”

He expressed a great appreciation for the work Higher Ground is doing in the community, including the Hispanic population; and he commented on the services we provide for families. “People don’t always realize that families can be just as impacted by drug and alcohol abuse as the addicted.”

Tiaht, who also visited the Hunter Health Clinic in



Todd Tiaht
 4th Congressional
 District of Kansas

Wichita, was impressed with Higher Ground’s unique historical building, which he toured with a group of local citizens. The facility has been designed to help clients feel at home and the décor chosen to reflect the personal interests of the counselors.

“You have created a warm and inviting environment for healing,” Tiaht said.

Also impressed by the tour was Jim Hattan, CEO of Don Hattan Chevrolet. Higher Ground is pleased to announce that Jim has recently agreed to join our Board of Directors.

Higher Ground Board Raises \$50,000

Higher Ground’s Board of Directors has successfully launched its first Endowment Fund. By June, the Board had raised over \$50,000 to establish “The Legacy for Recovery Fund,” which will be managed by the

Wichita Community Foundation. The Foundation matched the fund with an additional \$16,666 dollars through their Endowment Challenge Grant Program.

With funding for non-profits becoming ever more uncertain, this endowment

See “Endowment” page 3

“Our goal is to always provide a safe haven for anyone who needs us.”

- Shirley Toy,

Assistant Director

Higher Ground’s Mission: Empowering culturally diverse youth and adults to recover their lives and hope by providing innovative and effective prevention, treatment and counseling for drugs, alcohol abuse and related life challenges.

Faces of HG: The Turning Point Program



**Katrinka Ivie,
Turning Point Program
Primary Counselor**

“Katrinka has a very positive attitude - good energy. She is an answer to our prayers.”

These are exciting times for “Turning Point” - Higher Ground’s adult program in English. In April, the program hired its newest primary counselor: Katrinka Ivie.

Katrinka has been a counselor since 2002 and is especially excited about the unique working environment at Higher Ground, with its emphasis on experiential treatment. Katrinka believes that Higher Ground’s approach is more comprehensive, “supporting people as they reach goals in many areas of their life.”

Katrinka brings a wealth of experience to the program, which has been expanding under her leadership. Turning Point combines 12 step recovery principles with individual, group, and experiential therapies. Participants use

those experiences to replace self-destructive behaviors with healthy, positive ones which aid in rebuilding self-esteem and trusting relationships.

Katrinka also integrates cognitive methods into the program, as well as support for her clients.

“I encourage them to set high goals for long-term recovery.”

She was joined recently by Shala Foster, (see New Staff Update) whom she says is welcome as an addition to the program. “Shala has skills and training that are very positive assets.”

This year, Turning Point has become a provider for the Kansas SB123 initiative, which is a “last chance” program for drug offenders.

“Katrinka has reorganized the program and developed an individualized

curriculum for the clients,” says Margaret Maniaci, Clinical Coordinator. “She is an answer to our prayers.”

Katrinka sees the extensive SB 123 program as an opportunity: its broad scope will allow her to see clients through many levels of recovery.

“She has a very positive attitude - good energy,” Margaret said.

Although it is demanding, Katrinka loves her work. “I love helping people change,” she says. “I’ve always known I would be in a helping profession.”

Her love of organization also helps balance her personal life: working a full-time job, attending school and spending time with her 5 children.

HG Staff Update: Shala Foster

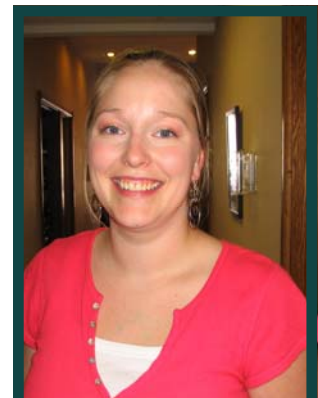
Higher Ground is pleased to welcome a new staff member. Shala Foster, a former practicum student at our agency, joined the Turning Point program in May.

As a newly licensed Social Worker with an MSW from Newman University, Shala is now co-facilitating the Turning Point program.

Her background in experiential therapy has made her an asset to both the adult and adolescent programs. “She has the rare gift of being able to relate to both youth and adults,” Margaret Maniaci says. “She is incredibly dedicated, working long hours and helping with Ropes Courses and other outdoor experiential events several times a month.



Mary San Martin, Delia Jackson and Margaret Maniaci at the 2006 Breakfast.



Welcome Shala Foster to the HG Family!

Coming Events: Annual Breakfast

Staff and board members are gearing up for the next "Higher Ground Breakfast of Champions" benefit event. The 2007 breakfast will be held at Botanica, providing an opportunity for the community to meet with staff and clients in a beautiful setting.

This 2nd Annual Benefit Breakfast will continue in the tradition of last year's successful event, which launched a long-term fundraising program by making new community friends and partners.

This year's event will be held on October 2nd, 2007, at Botanica Gardens. A buffet style breakfast will



Shirley Toy, Assistant Director, Dr. Rob Dopps, Board and Executive Director, Mary

begin at 7:30am, and the program will last from 8:00a to 9:00a. It will include talks delivered by staff and former clients.

Afterward, guests are welcome to enjoy the Botanica's lovely gardens.

"They will enjoy a free meal, while listening to a program that showcases Higher Ground," said Director, Mary San Martin. "Last year we had the opportunity to meet new people and connect our mission with their hearts, which was exactly what we wanted to do."

This year the Board is hoping for an attendance of 120 - twice that of last year's breakfast. The event raises funds for Higher Ground's youth services programs.

Higher Ground's Board Raises \$50,000!

(from page 1)

will allow donors to sustain the resources available to their community.

Contributions to this endowment will truly be a gift that "never stops giving." Should any of the organizations endowed through the Wichita Community Foundation ever cease to exist, all funds would be used to endow another organization with a similar mission in the Wichita Community.

"I'm very excited," said Mary San Martin, Executive Director of Higher Ground. "This will allow our work to

To donate call:
Shirley Toy,
Higher Ground
(316) 262-2060

Or:

The Wichita
Community Foundation
(316) 264-4880

continue to benefit future generations. I am so grateful to our Board for rising to the challenge and creating this endowment. It is a huge milestone for us."

Income from the endowment will provide operating funds allowing Higher Ground to continue to serve teens, adults and families in Sedgewick County.

Thank You Carlos O' Kelly's!

Hugh Nicks, VP of Marketing at Carlos O' Kelly's, attended Higher Ground's Breakfast of Champions fundraiser last Fall. He was so touched by the story of our graduates that he contacted Higher Ground in February to say Higher Ground had been chosen to be the beneficiary of the 2007 Carlos O Kelly's Golf Tour-

nament. Every year Carlos O' Kelly's vendors are invited to join in a friendly competition at Rolling Hills Country Club. This year sponsorships, mulligans and a silent auction generated \$6500, which was donated by Carlos O' Kelly's to Higher Ground's youth services.

"We are so grateful," says Shirley Toy, Assistant Director at Higher Ground, "And I would also like to thank organizer, Cheryl Smith and the wonderful women of Carlos O' Kelly's for all of their work and support."

Higher Ground will use the money raised to refurbish the equipment on its Ropes Challenge Course.

Higher Ground Online!

The Sunflower Foundation recently awarded Higher Ground a capacity-building grant, allowing the development of a new website, with the help of Lifeboat Creative. It should be up and running by mid-August. The website will contain more information, higher quality graphics, and interactive capabilities, including online donations.

This website will also make it easier to post that newsletters and events and keep our friends in the community updated. Our web address is higherg.org. Give us a click!

The grant also allowed Higher Ground to purchase a new telephone system, which has made a marked difference in our communications. Staff members are especially grateful for the improved messaging capabilities, and say the system has made us even more accessible to our clients.

Fast Facts: Teen Suicide

Who Is At Risk?

A recent survey of high-school students found that almost

1 in 5

had considered committing suicide.

Risk factors for suicide include:

- Previous suicide attempts -
- Depression and/or alcohol or substance abuse
- Family history of mental disorders, substance abuse, or suicide
- Stressful situation or loss
- Easy access to guns
- Exposure to other teenagers who have committed suicide

Data is From the National Youth Violence Prevention Resource Center

Comcare 24 hour suicide Prevention:
(316) 660-7500

Get Involved!



There are many ways you can become involved at Higher Ground.

- Volunteering
- Financial Donations
- In-kind Donations
- Friend and Family Referrals

Please contact Shirley Toy at (316) 262-2060 for more information on how you can make a difference in our community!

Higher Ground Community Relations Department

Higher Ground, a Tiyospaye, Inc. Program is a non-profit 501(c)3 organization. "Higher Places" is published via e-mail to Higher Ground supporters and corporate community members. If you have and questions, comments or would like to be removed from our contact list, please contact, Shirley Toy, Assistant Director, via e-mail at shirley@higherg.org or call (316) 262-2060.