

HIGHER GROUND
 A TIYOSPAYE INC.
 PROGRAM
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Higher Ground News

“Helping People Choose to Change”

2ND QUARTER

2008

Promoting Healthy Families

Substance Abuse Prevention / Intervention

Bilingual Spanish Services

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Thank you Donors!

Your gifts have made it possible for us to add an adolescent counselor to our staff and expand our services.

75% of our teens successfully graduate!

Your compassion has given hope to hundreds of teens - many of whom have nowhere else to turn. The treatment you helped fund is impacting your community in an immensely positive way.

Recent cutbacks in public funding make **YOU** even more crucial to the future of our kids.

Every dollar spent on treatment saves seven dollars in medical and legal costs in our community.

The dollars you give enable us to provide experiential activities, which powerfully engage youth participation and help us achieve one of the highest success rates in the state.



Your gifts have saved the lives of Wichita youth and transformed the lives of their families.

It is your generosity that allows our Adolescent Program to survive. Thank you.



Pencil Us In! Annual Breakfast Event

Join us, Wednesday, October 1
 at the Olive Tree Banquet Room, 2949 N. Rock Road
 Breakfast starts at 7:30am; Program 8:00 to 9:00

I first heard of Higher Ground when I was taking a summer course at WSU.

A HG counselor made a presentation and I was immediately mesmerized by the impact it had on our group. She shared experiential activities with the class and I thought, "Wow, I would really like to be a part of this". I had not heard of another program that was taking this approach with their clients. The seed was planted.



A seed is planted.

I was hired in October 2006. Since then I have had several opportunities to grow. I often tell new clients is that Higher Ground will not only give them the opportunity to learn about

Why I am Here: by Michele Lawrence

the impact that substances have had on their lives, but will also give them the opportunity to learn about themselves. The seeds begin to sprout.



It begins to sprout...

I believe that the root of much adolescent substance abuse is an inability to understand themselves and who they are at this point in their lives. Drug use helps kids overcome their feelings of insecurity and embarrassment. Higher Ground shows them how to accomplish this in healthier ways.

We provide a safe, comforting environment where youth can blossom.

Higher Ground staff nourish tender, new growth everyday.



It Blooms...

What I enjoy most working at Higher Ground is I am able to talk with new clients and their parents/guardians about the opportunities for growth we offer. Most programs educate clients about their condition and ways to deal with it. Higher Ground does, too, but that's just the starting point. Our goal is for youth and their families to live EXTRAORDINARY lives!

We have experiential, or active learning activities every week. These

often help clients find their own answers in a way that lectures, pamphlets and charts never could.

We process the activities and information as a group. Articulating their own experience and listening to others do the same, often leads young clients to a breakthrough.

It is awesome to see people who came in stressed and guarded, become calm and hopeful. We watch them grow throughout their treatment and work their way through to a graduation ceremony.



The Garden!

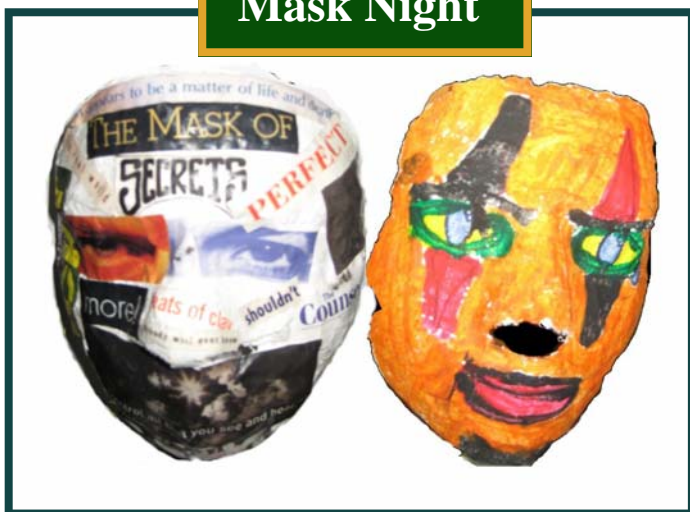
That's it. The seed was planted, it sprouted, it grew, it bloomed and clients learn to plant their own new seeds.

Experiential Activities

Not just fun & Games...

One of the most unique therapy tools at Higher Ground is its use of experiential activities, or “active” learning. Every week clients are encouraged to approach their problems in an interactive way. “Some may roll their eyes at a particular game or challenge,” says Carol Gallegos, Counselor, “but sooner or later, most of them encounter an activity that just “clicks” - they suddenly see themselves more clearly. Two of the more popular activities are explained, below.

Mask Night



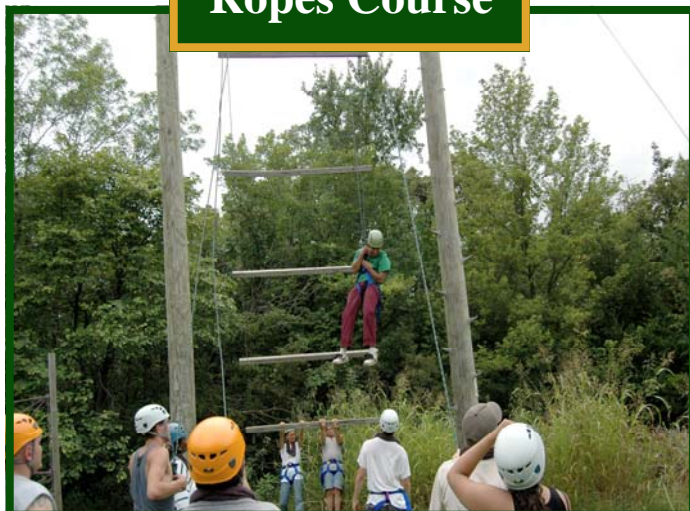
Addictions can become a mask in two ways - as a barrier between the user and his family and friends; and by forcing the user into a world of deceit and self-deception.

On “Mask Night,” clients mold paper-mache onto each other’s faces and then take their masks and paint them. Some portray it as a protective barrier, others as the addiction itself. Explaining their mask to the group can be an emotional and cathartic experience. Taking their mask off is life changing.

As clients dangle from ropes thirty feet off the ground, they gain new confidence in themselves and learn to trust the other group members to keep them safe. This not only helps them to discover their inner strength, but helps them to bond with the rest of the group. They see a microcosm of their life during the special day .

“The change in a group after a day at the Ropes Course is amazing,” says Chenoa Simmons-Daniels, counselor. “The group dynamic and the clients are changed forever.”

Ropes Course



A Great Way to Help...

Higher Ground depends on your gifts to continue saving the lives of the young in Wichita.

A bequest is one way to change lives far into the future. You may bequeath either a percentage of your estate, or a set dollar amount. A will is an important legal document, and you should seek an attorney's help in preparing it. The wording will be similar to the following:

I give, devise and bequeath to Higher Ground, Inc., FEIN 48-1125182, a 501©(3) nonprofit corporation, located at 247 N. Market , Wichita Kansas 67202, _____ % of the rest, residue and remainder of my estate (or \$_____)

To be used for the benefit of Higher Ground.

[Your Signature]

[Signature of two witnesses - non spouse].

For more information on giving opportunities at Higher Ground, contact Shirley Toy at (316) 262-2060

Myths & Truths

Myth: Marijuana does not effect driving skills.



Truth: Reaction time and awareness are both impaired by pot. 15% of trauma victims who had been driving a car or motorcycle had been smoking marijuana. Another 17% had both alcohol and marijuana in their bloodstream.

Thank you Sunflower!

Capacity-Building Grant Buys 2 New Copiers!

For the first time ever, Higher Ground owns a brand-new copier. Actually, two brand-new copiers! After being informed that our old copiers were too ancient to be serviced any longer, we applied for a capacity-building grant from the Sunflower Foundation, which (Hooray!) we received in March.

An Army Crawls on its Belly...



...A Non-profit Crawls on its Paperwork.



Thank you, Sunflower Foundation!

Our Board:

Chairperson: **Delia Jackson**; *Vice Chair:* **John Salem**;

Treasurer: **Dan Hawkins**; *Secretary:* **Yolanda Camarena**

Emeline Abay; Helen Bullock; Celia Chin; Marta Curry;

Jim Hattan; Harold Pickler; LaNita Roark; Steve Shaad;

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