



1994 Madison Road  
Cincinnati, Ohio 45208  
gladhouse.org

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**THE GLAD HOUSE MISSION**

Improve the lives of children and their families by breaking the cycle of addiction.

**THE GLAD HOUSE VISION**

Children impacted by addiction in their families will reach their personal wellness potential — mentally, emotionally, socially, and physically — and lead fulfilling and purposeful lives free from substance abuse.

John Smith and Family  
123 Main Street  
Cincinnati OH 45000

# Glad House Spring News

May 2016



**New website coming!**

We are very excited to announce that in June 2016, GLAD House will be launching a new website! Visit us at [www.GladHouse.org](http://www.GladHouse.org) for our latest program information, news, blogs, and more! We want to keep you informed about all the new and awesome things that are going on at GLAD House, and to show you all that we are accomplishing with your support.

You can also connect with GLAD House on Facebook and LinkedIn.

[www.GladHouse.org](http://www.GladHouse.org)



# Spring News

May 2016



A Quarterly Report on Activities at GLAD House

GLAD House is pleased to work with the Children of Addicted Parents and Children's Hospital to present a conference on the "Impact of the Heroin Epidemic on our Children." Our regional experts are joined by national keynote speakers:

**Robert W. Block, MD, FAAP**  
Professor Emeritus, University of Oklahoma School of Community Medicine, Pediatrics, AAP Past President (2011-2012)

**Jerry Moe, MA**  
National Director of Children's Programs, Betty Ford Center

**CAP Conference**  
**November 1, 2016**  
8:00 am – 5:00 pm  
Location: TBD  
For more information, contact [cme@cchmc.org](mailto:cme@cchmc.org) or 513-636-6732

**There is a promise that lives in springtime.**

The layers of heavy clothing begin to get lighter until all of the sweaters and coats are packed away for a few months. The days begin to stretch and lengthen until we are greeted with sunlight in the morning, and well after dinner. And all of the flowers that we've forgotten – the tulips, the daffodils – surprise us once again and make us smile.

**There is a promise that lives in children.** Some children, like the children of GLAD House, live with the impact of the addiction of their parents. Like the heavy layers of winter clothing, sharing their childhood with substance abuse binds their movement and weighs them down. But like a tulip bulb, the children of GLAD House hold within them the potential of any child. They are waiting for the chance to surprise the world with their own brightness, their own joy.

**There is a promise that lives in GLAD House.** GLAD House recognizes the potential that lives in each child. We provide a safe space for them to lay down their burden each day, to stretch and run and play and grow. We provide caring and professional mental health services to help them understand their emotions and live with them in healthy ways. We provide access to the great big world around them filled with art, music, sports, games and nature so that they can connect to all of the possibilities it holds. And we provide education about substance abuse, to arm them with the knowledge they need to make choices that will break the intergenerational cycle of addiction in this generation.

**Your support of GLAD House is a promise fulfilled.** Each time you give to GLAD House, you are sending a strong message to our kids that you believe in the promise that lives within them. It will take time – it always takes time to wait for spring – but it is always worth the wait.

Warmest regards,

GEORGINE GETTY  
Executive Director, GLAD House

**Meet the GLAD House team —**



- 1 Georgine Getty Executive Director
- 2 Todd Ryan, CPA Finance Manager
- 3 Alexis Aghotte Therapist
- 4 Carl Truman Case Manager
- 5 Crys Alexander Outreach Therapist
- 6 Regina Lynn Champs Program Director
- 7 Hayley Welch Champs Program Assistant
- 8 Leanece Armstrong Champs Coordinator
- 9 DaTaira Williams Champs Program Assistant
- 10 Heather Newberry Champs Program Assistant
- 11 Kelly Chipemba Clinical Director
- 12 Alexandra Birr Administrative Coordinator



In December, the wonderful volunteers from **Formica** set up a Santa Shop for our kids to choose presents for their family members and a gift for themselves!



In February, our kids gave Valentines to our UNFORGETTABLE and PURR-FECT supporters. We love you all!



In January, the kids celebrated Martin Luther King Jr. Day! When asked what is one fact she knows about Dr. King, Rachel, age 7, responded: "Anyone can be my friend because of Martin Luther King!"

## Recipe for Friendship

Ingredients:  
 A dash of *kindness*  
 A pinch of *funniness*  
 A spoonful of *friendship*  
 A cup of *tea*

Instructions:  
 Be *kind*, be *sweet*, and be *yourself*

- Carly, age 8, GLAD House

In March, we talked about making enemies into friends. Carly came up with this great recipe for friendship!



In April, the kids prepared for the end of the school year **Art Show**, a celebration of all the achievements they have made throughout the year!



**Summer Update** School is almost out and our kids can't wait for summer at GLAD House – trips to the pool, running in the park, horseback riding, art, games, and good times with friends.

But there is much more at work than just fun in the sun. By casting the net wide on all of the activities our community has to offer, we are also introducing kids to fun, safe things to do that DO NOT rely on the use of substances. This will light a spark that lasts a lifetime.

One little girl, age 8, has a natural talent for chess. Someday, she will pass up the joint because she doesn't want to smoke away any of her strategic knowledge. One little boy, age 10, is really good at football. Someday, he will skip the keg because he doesn't want to be hung over the next day and disappoint his team. One little boy, age 12, loves animals and can catch any snake or lizard within 20 yards of him. Someday, he will cope with a life disappointment by walking in the words, rather than reaching for a pill.

GLAD House is where someday starts today. What a great way to spend a summer vacation!



Hello! I'm **Kelly Chipemba**, the new Clinical Director at GLAD House. I was born and raised in Independence, Kentucky and studied Sociology and African-American Studies at the University of Kentucky, and then Social Work at the University of Michigan.

I have worked in the field of social work for 14 years. I've worked in the United States with many different populations – child survivors of abuse, women leaving domestic violence situations, homeless women and children, clients living with HIV, and young adults with disabilities. I also worked with the Peace Corps and Doctors Without Borders, living and working overseas for 7 years in the countries of Zambia, Cambodia, Uganda, Malawi, Colombia, Kenya, Abkhazia, and Myanmar.

I am very happy to be back in the Cincinnati area, and honored to be a part of your GLAD House Team! I will do my best to work with the great team of providers and clinicians here to provide the best care for your child and family.

## Champs Update

*Champs is our intensive, long-term program that serves children age 5 – 12 in an after-school and summer day program setting.*

- We served 21 kids from January-March, 2016 in our Champs Program.
- During the month of January, GLAD House teamed up with PreventionFIRST! to implement an informative and kid-friendly curriculum called Generation Rx, to educate on prescription and over-the-counter medication safety.
- Since January, we have conducted three special therapy groups: "Draw It Out" which is art therapy focused on grief, "Marvelous Me" which focuses on building self-esteem and expressing emotions, and "Coping Skills" focused on developing skills to better manage stress.
- In April, we were joined by super-volunteer **Dan Shannon**, a Xavier student, who shared his own experience with parental addiction. Dan was a great role-model and inspired a lot of admiration and hope in the kids he worked with.
- We also celebrate our every-day victories big and small! One kid, age 10, asked Ms. Regina for a book about anger because she realized she needed some help with this. One kid, age 5, has started using words to describe his emotions at home. One kid, age 11, has started having less behavioral problems at school. One tool at a time, we are equipping our kids with the skills they need to succeed!

