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**Steppingstone Today**  
*Building a strong foundation for recovery*

**Inside this issue:**

Kathleen Schedler Clark Receives ABH Unsung	1
Steppingstone, Inc. Staff Milestones	2
First Step Inn Capital Campaign	3
Project FAIHR	4
Amazon Smiles	4
Steppingstone Poetry Slam Contest	5
Steppingstone Poetry Contest Winners	6

**Kathleen Schedler-Clark Honored with ABH Unsung Hero Award**

On October 24, 2014 Steppingstone’s Executive Director, Kathleen Schedler-Clark received the Unsung Hero Award. This award was presented by The Association for Behavioral Healthcare (ABH), a statewide organization which represents over eighty community-based behavioral healthcare providers.

This 2014 Salute to Excellence Award ceremony was held in Waltham and the event celebrated the accomplishments of those who have made outstanding contributions to community-based behavioral healthcare in Massachusetts. Kathleen’s Unsung Hero Award commemorates those who exemplify personal and professional growth and dedication to the field over the course of a full career. Daniel Mumbauer, the President and CEO of Highpoint Treatment Center, presented Kathleen the award, acknowledging her achievements and her dedication to the field over the course of the past 32 years.



Kathleen began her career with Steppingstone in 1982 as a counselor in the Fall River Men’s Program, which has provided substance abuse treatment for men since 1972. With a Master’s degree in Education, she had limited experience in addiction treatment. But through years of dedication and work, she built her skills and abilities in order to better serve her clients, eventually obtaining her LADC I and CADAC. In this role, she helped countless men achieve recovery and improve their quality of life. As a result of her excellence and effectiveness, she was promoted to Executive Director in 1985.

Under Kathleen’s leadership, Steppingstone continues to grow in capacity, scope and excellence. We now operate twelve programs and several projects dedicated to helping people with behavioral health disorders and the homeless. We employ over 100 staff in the cities of Fall River and New Bedford and operate with an approximate \$5 million budget. Most importantly, under Kathleen’s leadership the Agency has grown to serve approximately 1000 persons in need each year.

Kathleen’s further exhibits her commitment to the behavioral health field by sharing her knowledge with others through teaching courses at the University of Massachusetts Alcohol and Drug Counseling Program. In addition to her impressive achievements, we admire her for her compassion for others and her hands on, open door approach. Over the past 32 years, Kathleen has continually exhibited concern for her clients, her staff and the community at large. With all her responsibilities, our Executive Director still finds the time to organize Steppingstone’s annual Get Steppin’ fundraising walk, which now raises approximately \$60,000 each year to fund the First Step Inn Emergency Shelter. Additionally these past few years, Kathleen has been integral to ensuring the Capital Campaign for Steppingstone’s homeless shelter is a success, working closely with BayCoast Bank team including its president Nick Christ who is also co-chairman of the Mayor’s Homeless Task Force.

## Steppingstone, Inc. Staff Milestones...



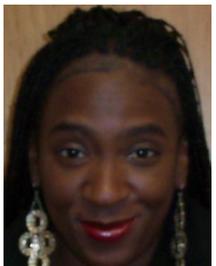
**Michael Hughes** has been hired as the new **Director of Operations**. Michael earned his Bachelor of Arts degree from Framingham State College and his Master of Business Administration degree from Bryant College. Michael was the Vice President of Operations at Community Healthlink in Worcester, MA. Additionally he served as Interim Director at South Shore Mental Health in Quincy, MA and Regional Director at the Massachusetts Society for the Prevention of Cruelty to Children in Worcester, MA. Additionally he was the Director of Outpatient Services at Vinfen Corporation in Cambridge, MA and at Spectrum Addiction Services, Inc. in Milford,



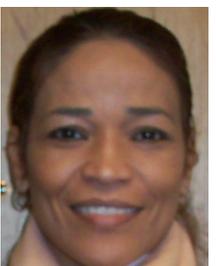
**Christine Marceau** recently completed classes at the University of Massachusetts Boston, Plymouth campus and passed the exam to become a **Licensed Alcohol & Drug Counselor (LADC II)**. Christine began working at Steppingstone in July 2006 when she served as a part-time Charge Person. In January 2013 she was promoted to the Supervisor of the Fall River Women's Program. Prior to her employment at the agency she worked as a Counselor at SSTAR Detox.



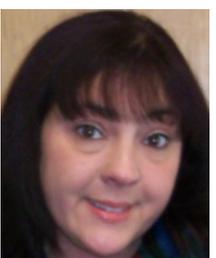
**Michael Bryant** was recently been promoted to **Project Assistant at Project FAIHR** and **Supervisor at the First Step Inn Emergency Shelter**. Michael started at Steppingstone as a Charge Person in October 2008. In June 2010 he was promoted to Case Manager at the First Step Inn. Mike is currently studying for his Licensed Alcohol & Drug Counselor (LADC II) at the University of Massachusetts, Boston, Plymouth Campus..



**Domonique Henry** was recently hired as a **Counselor** at the Men's Recovery Home. She recently worked as a Direct Care Counselor at Communities for People in Providence, RI, as a Direct Care Supervisor at Life Resources, Inc. in Braintree, MA., an Intake Liaison at South Bay Mental Health in Fall River and a Domestic Violence & Substance Abuse Advocate at the Women's Center in New Bedford. She holds an Associates' Degree in Human Services from Bristol Community College.



**Lucinda Matos**, was recently hired as the **Project Assistant** at **Project ROAR**. She worked for seventeen years for the Commissioner of Probation as a Probation Officer II, an Interstate Compact Tracking System (IOTS,) Internship Coordinator, and other projects. She was an Adolescence Social Worker for the Department of Social Services, Brockton and Victim/Witness Advocate for the District Attorney's Office in Suffolk/Plymouth County. She holds a Master's in Criminal Justice from University of Massachusetts, Lowell.



**Andrea Davis** was recently hired as a **Counselor** at the **New Bedford Women's Program**. Recently she worked as a Substance Abuse Clinician at the Brockton Resource Center in Brockton, MA, as a Case Manager at South Bay Mental Health in Fall River and as Assistant to the Director of Center of Policy Analysis at the University of Massachusetts, Dartmouth. She hold a Bachelor's Degree In Sociology from the University of Massachusetts and is pursuing a Master's Degree in Social Work.

## Steppingstone First Step Inn Capital Campaign



Since a plan to address the lack of emergency homeless shelter beds in Fall River was unveiled by the Mayor’s Task Force on Homelessness in 2013, Steppingstone has been making rapid progress in an effort to relocate the First Step Inn to a larger downtown facility. The plan will allow the First Step Inn to expand its capacity from 20 to 50 beds. The project will expand the scope of services offered by the First Step Inn, using a recently awarded 3-year grant from SAMHSA for Project FAIHR, as well as several agreements with local healthcare and education providers, including Healthfirst and Bristol Community College. The proposed comprehensive service system will achieve much better outcomes for the City’s homeless population, expanding the chance to

achieve recovery and permanent housing to all homeless individuals in the Greater Fall River area.

Over the past year, Executive Director Kathleen Schedler-Clark, Director of Development Susan Bennett, and other members of the Steppingstone staff

have held weekly development meetings with members of BayCoast Bank, whose president and CEO Nicholas Christ serves as co-chairman of the Task Force on Homelessness. This unique partnership has bolstered fundraising efforts and allowed the development team to seek many different funding sources. The project has secured significant commitments and is on track to become operational in 2016. Additionally, the new facility, the former Haddad Electronic Supply Company, at 138 Durfee Street has been donated to Steppingstone through Timao House, a nonprofit formed by members of BayCoast Bank. Early fundraising successes include a \$150,000 grant from the Robert F. Stoico/FIRSTFED Charitable Foundation. The development

team was also able to secure large commitments from Bristol County Savings Bank, St. Anne’s Credit Union, BankFive, and Mechanics Cooperative Bank.

Ms. Schedler Clark and Director of Homeless Services, Rosa Medeiros have been interviewed on local radio, urging the public to get involved with the First Step Inn Capital Campaign. In November 2014, two billboards were erected to draw attention to the campaign. The billboards coincided with the release of a 30-second radio ad which raised awareness of the capital campaign on 6 different radio stations.

BayCoast staff member Norm Walstead recorded a somber acoustic ballad decrying the plight of the homeless, which offers a compelling way to raise awareness for the First Step Inn. The video for Norm’s song, “In Another Man’s Shoes”, can be found on the First Step Inn website.

For more information about the campaign please log on to [www.firststepinn.org](http://www.firststepinn.org).



**First Step Inn**  
Capital Campaign  
Renewing Hope, Changing Lives

Please help spread the word about our cause:  
to renew hope and change the lives of  
homeless individuals in our community.

**How you can help the homeless**

Share this link weekly on your facebook page:  
[www.firststepinn.org](http://www.firststepinn.org) Click now

Donate at [www.firststepinn.org](http://www.firststepinn.org)  
or checks written out to:  
Steppingstone Inc.  
for First Step Inn



In September 2014, Steppingstone, Inc. was awarded a SAMHSA grant to provide integrated care treatment through case management and wrap around services with a focus on obtaining permanent housing for 70 individuals and families that are chronically homeless and homeless and chronically homeless veterans.

Focused Achievements In Housing and Recovery, known as FAIHR, performs outreach in Fall River's local homeless shelter, the First Step Inn, as well as the Veteran's Association of Bristol County. Street outreach will also occur as well as outreach at the city's local advocacy meetings, Homeless Point-in-Time Counts and within Steppingstone's residential programs.

Integrated Care Facilitators or case managers will provide services that include: brief screening for substance abuse disorders and co-occurring disorders, individual-

ized recovery planning, assistance with obtaining permanent housing, employment readiness education and referrals, connecting to self-help groups and connecting to community services and resources.

Some of the goals of Project FAIHR include improving outreach and engagement in the community of Fall River, increase symptom management, obtain healthcare, increase level of functioning and connectedness in the community, provide permanent housing and increase housing stability, maintain income and obtain and retain employment, to improve Fall River's long-term capacity to improve outcomes for the homeless population.



Did you know that Steppingstone Inc. is an AmazonSmile charitable organization? This means whenever you purchase eligible products from Amazon, Steppingstone Inc., will receive 0.5% of the purchase price. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. Donations are made by the AmazonSmile Foundation and are not tax deductible.

AmazonSmile is a simple and automatic way for you to support Steppingstone, Inc. every time you shop at Amazon.com, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience

as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to the agency.

You must shop at AmazonSmile for Steppingstone Inc. to receive their donation. You can do this by logging on to <http://smile.amazon.com/ch/04-2505146>. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation to Steppingstone, Inc.

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save

purchases and subscription renewals are not currently eligible.

From time to time, Amazon may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to Steppingstone, Inc. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

## Resident Poetry Slam Contest

### Resident Poetry Slam Contest

As new program participants enter Steppingstone, Inc. they often are unaware of the existence of a **Consumer Advisory Board (CAB)** and the potential it has to offer an opportunity to share their thoughts as well as offer suggestions to improve agency programs.

During a Cab meeting in the Fall of 2014 program participants decided they'd offer all residents the opportunity for creative stimulation and meaningful activity and have fun at the same time by having a Poetry Slam contest. They believed the contest would draw attention to the existence of the CAB and they'd have something concrete to show for their efforts.

At the same time it would encourage participants to share their struggles with addictions and their milestones in recovery.

Participants were told that winning entries would win a gift card and be published in this newsletter with their permission.

Please see the three prize winning entries in this issue of Steppingstone Today.

### First Place Poetry Slam Winner

*Untitled By Geena S.*

*Strung out, addicted, tricking,  
Pounding pavement , this is sickening.  
Abandoned buildings, working women,  
It's just survival of the fittest.  
Lay me down, this seems worth risking  
Misgiven love: my soul's a prison.  
My mind is shackled w/ convictions,  
Conflicting thoughts and contradictions.  
Painful past won't be forgiven,  
Yet somehow I will relive it.  
My secrets lie so deep, they're hidden,  
Memories so real, they're vivid.  
Childhood never consistent,  
Full of fear and often timid.  
Sometimes broken and guilt ridden,  
W/darkened visions, acquitted wishes.  
Confusing living versus existence  
I still refuse to see the difference.  
Mixing sin with bad decisions,  
But this life was chosen... wasn't given.*



*Crocus in the Snow*

## Resident Poetry Slam Contest

### Second Place Poetry Slam Winner

#### *Soul Most Empowered by Gary C.*

Sitting, pondering, my addiction, mind  
 Wondering how I'd got like this is  
 Unexplained mind boggling.

To feel feelings in the past once felt  
 Hoping they'll pass and melt away all my  
 Sins at last to have a life worth living  
 Not described as unneeded civil wasted trash.

Like a clock cracking the hour,  
 Wishing the sun would shower glistening  
 Beams of blade like golden rays through  
 The soul of this addict so I don't feel  
 This way a festering pain that means  
 To forever taunt and stay.

For this myself I have to blame  
 My mind made choices forever not forgivingly  
 To remain the same.  
 Like a distorted torn untamed  
 Heart blistering sweltering in the dark  
 This addict willingly took his part  
 But where I'm now is an honorable start.

Hoping my life never again to break  
 Apart relationships with love ones  
 Dare to the heart. A vision derived  
 Not from addiction but the empowered  
 Me. A life genuinely pleasant for all  
 To see. O God of mine I pray  
 Please set me free.



### Third Place Poetry Slam Winner

#### *Goodbye Alcohol by Heather S..*

Goodbye alcohol, goodbye beers.  
 Goodbye resentments and goodbye fears.  
 Goodbye alcohol, four loko and tilt.  
 Goodbye shame, unforgiveness and guilt.

Goodbye alcohol, goodbye shots.  
 Goodbye negative and self-defeating thoughts.  
 Goodbye alcohol and any kind of pill.  
 Goodbye bondage, pride, and self-will.

Goodbye alcohol, goodbye Mary Jane.  
 Goodbye denial and numbing the pain.  
 Goodbye alcohol, goodbye drugs.  
 Goodbye sniffing, smoking, and chugs.

Goodbye alcohol and goodbye cheap wine.  
 Goodbye addiction! It's my time to shine  
 Hello trust and learning to cope.  
 Hello living, faith, and hope.  
 Hello peace in the presence above  
 Hello forgiveness, acceptance, and love

Hello surrender in God's perfect will.  
 Hello confidence in just being still.  
 Hello serenity, and hello rest.  
 Hello promises and just being blest

Thank you Savior for setting me free!  
 Hello new day, new life, and new me!  
 Hello recovery!