

STEP 2 NEWS

PROVIDING A SAFE HARBOR FOR WOMEN & CHILDREN IN OUR COMMUNITY

FROM THE DIRECTOR'S DESK

I find it so interesting that in a day and age where we have so much technology that, in many instances, communication has somehow gotten worse. With advancements in email, text messaging, cell phones, and the next big thing around the corner, we still so often miss the message. I truly believe that we have created so many short cuts that we sometimes forget to listen effectively to the other person. This is where relationships breakdown. Children aren't heard and run off to seek attention in other places; employees aren't heard and their productivity suffers; loved ones aren't heard and new issues surface.

In my experience the most important limitations on people's perceptions are often based on cultural and emotional differences. Most of us, generally speaking, perceive what we expect to perceive. In other words, we see what we expect to see and to a very large extent hear what we want to hear. The fact that the unexpected communication may be resented is not the issue; what often happens is that the message has not actually been received at all. It has been neither seen nor heard. It has been ignored.

So maybe it's time to get back to the basics of listening and communicating. Are you hearing me? Skill in communication involves a number of specific strengths. The first we will discuss involves listening skills. The following lists some suggests for effective listening when confronted with a problem:

- Listen openly and with empathy to the other person
- Judge the content, not the messenger or delivery; comprehend before you judge



Diaz A. Dixon

- Use multiple techniques to fully comprehend (ask, repeat, rephrase, etc.)
- Active body state; fight distractions
- Ask the other person for as much detail as he/she can provide; paraphrase what the other is saying to make sure you understand it and check for understanding
- Attend to non-verbal cues, body language, not just words; listen between the lines

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STEP 2

Providing comprehensive, coordinated services related to the treatment and recovery of chemically dependent women and their families, resulting in sustainable self-sufficiency.

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Thank You for your generosity

Safe Harbor Way

Our recent donors over \$1,000:

Anthem Blue Cross and Blue Shield
Blue Moon Advertising & Promotions
Colonial Bank
Monterey Development Group
Sierra Roofing Supply
Sierra Office Solutions
The Mountainside Foundation

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- Ask the other for his or her views or suggestions
- Communicate your feelings but don't act them out (eg. tell a person that his behavior really upsets you; don't get angry)
- Be descriptive, not evaluative-describe objectively, your reactions, consequences
- Be validating, not invalidating ("You wouldn't understand"); acknowledge other's uniqueness, importance
- Be conjunctive, not disjunctive (not "I want to discuss this regardless of what you want to discuss");
- Don't totally control conversation; acknowledge what was said
- Don't react to emotional words, but interpret their purpose
- Decide on specific follow-up actions and specific follow up dates

Keep in mind that the next text message or email you send may not truly convey any emotion. That may entirely change the perception of the comment or thought and perception for all of us is truly reality.



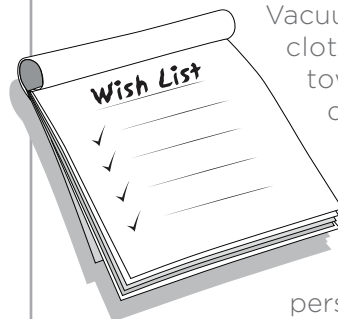
LoDo Loft Donates Heaps of Clothing to STEP 2 Women

Owners Ashley and Amanda of LoDo Loft are extremely generous when it comes to helping the STEP 2 women. In July, Ashley and Amanda brought in stacks of women's clothing of all sizes and fashions. When the women heard the news, they were ecstatic.

As Ashley and Amanda are aware, it is extremely important for our women to feel confident while they are going through treatment, and LoDo Loft's clothing makes them feel deserving of a healthy future. Ever since Ashley and Amanda dropped off these donations, the women have been walking around with confidence and energy. So thank you for donating to our organization since 2004 LoDo Loft! Your boutique is one of a kind!

W I S H L I S T FOR OUR WOMEN AND CHILDREN

This summer's wish list is lengthy due to the needs of our Coronado house. The Coronado house is where women first stay when they enter into our program and is the most intense phase of rehabilitation. If you would like to help spruce up this 16 bed facility, please contact Tori Jauron at (775)787-9411 ext. 226. Here is the list of items we need:



Vacuums, crafting materials, maternal clothing, baby clothing, household decorations, blankets, pillows, towels, paint, window coverings, twin bed sets, dressers, night stands, throw rugs, lamps, hangers, wall pictures, indoor plants, indoor pots, dirt, outdoor plants, wall pictures, gift incentives, house lamps, family room furniture, folding chairs, outdoor chairs/table, outdoor lighting, G-rated movies, easy listening cds, all bedding, personal items, notebooks/paper/pens, water bottles, writing journals and out door paint.

Contact STEP 2's Administrative Assistant, Rosemary Boswell at 787-9411 if you can assist us by donating any of these items. All furniture and big items must be picked up by STEP 2's Maintenance Supervisor, Curt Dreher at 787-9411 x 207.

STEP 2 Job Opportunities

STEP 2 is seeking a Clinical Manager and (2) client advocates for our residential treatment program. If you know of anyone that would be interested in working at STEP 2 please have them fax their resume to Karen Blumenthal at 775-787-9445

CHARITABLE CLASSIC CARS



The 9th Annual Colonial Bank Charitable Classic Car Show Raises Thousands for STEP 2

Classic Car enthusiasts covered the AT&T parking lot on July 27th to take part in the 9th Annual Colonial Bank Charitable Classic Car Show which was a huge hit showcasing over a hundred cars, live music and over 40 raffle prizes. All proceeds of the event went directly to the STEP 2 program.

Colonial Bank has chosen STEP 2 as their charity of the year and we

couldn't be more enthralled to have them involved with our mission. So a huge thanks to Colonial Bank! Your employees are some of the most supportive and devoted people we at STEP 2 have worked with. From your raffle baskets and all of the donated items for our women and children, to this Classic Car Show, your team has impressed us in every way.

Top Classic Cars included:

Best in Show: 1935 Ford Sedan

Employee Choice: 1953 Hudson Hornet

AT&T Sponsor Award: 1951 Ford Pick Up

Top 15: 1933 Chevy 4 door Sedan

1936 Ford Cabriolet

1956 Chevy Bel Air

1940 Willies Coupe

1961 Corvette Convertible

1936 Ford 5 Window Coupe

1963 Buick Riviera

1967 Chevy Camero

1934 Chevy Coupe

1962 Buick Skylark Convertible

1931 Ford Pick Up

1955 Chevy Bel Air Convertible

1967 Chevy Chevelle

1911 Cadillac 30 Gentlemen's Roadster

1963 Ford Galaxy 500



2007 Charity Golf Tournament

Golf enthusiasts were eager to get a day off work and come out and support a worthy cause during this years STEP 2 Charity Golf Tournament which raised thousands of dollars thanks to the friendly participants, hole sponsorships and a dedicated Somerset staff. The tournament turned out to be a fun event for golfers of every skill and although rumors of STEP 2's Chief Executive Officer Diaz Dixon's team not playing so hot, they still managed to win! So if you see Diaz around town, give him a hard time!

We would like to thank all the golf teams, hole sponsorships and a special thank you to Monterey Development Group for sponsoring the food provided by Men Wielding Fire, Blue Moon Advertising and Promotions, Somerset Clubhouse and Somerset's Club at Town Center. Now check out the golfers and the fun they had.



BWC Mortgage Services team David Ligon, John Obradovich, Rick Shamhart and John Ligon pose before team member John fishes his ball out of the water.



Tom Newman, Amin Aminian, Ken McConwell and Glen Wassmuth of Colonial Bank take a short break from their game to pose for the camera.



Monterey Development Group's team, Chip Bowlby, JB, Leann Pinguelo and Mark Landry squeeze into a golf cart in-between holes.

Darlene Cunningham Memorial Fund

Darlene Cunningham, a beloved mother, daughter, wife, sister, grandmother, caregiver, and supporter of STEP 2 is in our thoughts, as she recently passed away. STEP 2's women and their children are thankful for Darlene's giving spirit and to all of her friends and family who have contributed to the Darlene Cunningham Memorial Fund.

Out of her blessing and remembrance, Darlene Cunningham's Memorial Fund is helping transition women and their families suffering from chemical dependency, homelessness, poverty, trauma, and domestic violence to a sober life supported by full employment, healthy parenting, stable housing, personal integrity, confidence and dignity.

Thank you to Darlene and all of her family and friends. May STEP 2's thoughts and blessings find you in your time of sympathy.

STEP 2 Gala at the Governors Mansion

This years STEP 2 Gala will be Wednesday, October 17th at the Governors Mansion. Tickets can be purchased at the STEP 2 BBQ on September 6th for \$250 or for \$300 prior to the event. Come support STEP 2 while enjoying a night at the Governors Mansion.

To purchase tickets or discuss sponsorship opportunities, please contact Tori Jauron at tjauron@step2reno.org or call (775)787-9411 ext. 226.

Thank You Battle Born Derby Demons

Northern Nevadans first and only flat track roller derby team, the Battle Born Derby Demons rolled out and defeated the Port City Roller Girls on June 23rd at the Downtown City Plaza. STEP 2 is extremely appreciative to the Battle Born Derby Demons for choosing us as their charity for this bout which raised \$400 for our women and children.

Talk about entertainment! It's not often one gets to see teachers, business professionals, moms and students of all ages fully adorned in mini skirts, mouth guards, fishnets, camouflage and roller skates colliding into each other without any fears of bruises or broken bones. With names like Buck Nasty, Cracka Dawn and Roboflow how could you not come check these ladies out?! But as I observed, the common ingredient among these women isn't aggression, its confidence. You can sense the camaraderie and their love for giving back to the community.

So a special thank you to Reno's Battle Born Derby Demons! You ladies have entertained and supported us in an unimaginable way. Keep rolling and congratulations on your undefeated season. STEP 2 will always be a part of your fan club! To find out more about the Battle Born Derby Demons log on to www.battlebornderbydemons.com

Coach Doom gives her women the low down.



Roboflow gets in the zone before the jam starts.

STEP 2 DVD

Now on our Website

STEP 2's eight minute DVD is now on Youtube.com and on the STEP 2 website. If you haven't seen this video, please take a few minutes to visit this website. In this video you'll hear client stories and learn about the need and alarming statistics in our area. For instance, did you know that in 2005, 47 percent of women booked into Washoe County Jail on drug related charges had minor children? This is a huge problem in Washoe County and here at STEP 2 we're doing everything we can to mitigate this problem by rehabilitating women, then reuniting them with their children in a safe and sober environment. Thank you to Erin Breen and Videoworks for producing this video.



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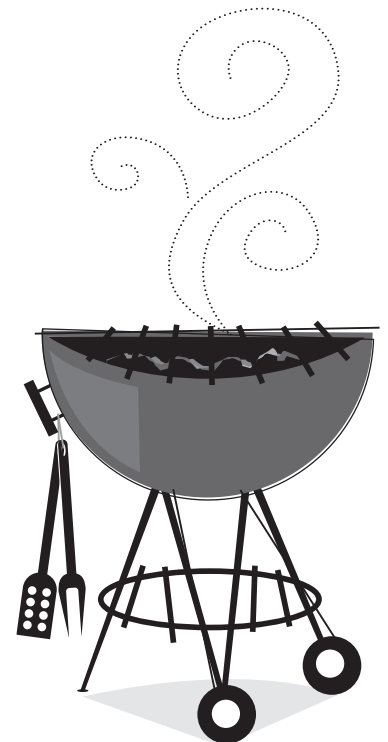
STEP 2 is a 501(C) 3
non-profit organization.

Join us

for a BBQ and Tour the Lighthouse of the Sierra on Thursday, September 6th!

As a thank you to our community supporters, STEP 2 is having a free BBQ and tour of the Lighthouse of the Sierra campus on September 6th from 5-7 p.m.

Come visit our incredible 25 cottage facility and take a glimpse of our women and children's safe and sober community. This event is open to all public and RSVP's must be verbalized to Tori Jauron at tjauron@step2reno.org or (775)787-9411 ext. 226.



This publication was supported by a VOCA grant awarded by the Nevada Division of Child and Family Services and the Nevada State Health Division through grant number - BI NV SAPT from the Nevada Department of Human Resources, State Health Division, Bureau of Alcohol and Drug Abuse, and the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Substance Abuse Prevention and Treatment Block Grant. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the U.S. Department of Health and Human Services nor the Nevada State Health Division.