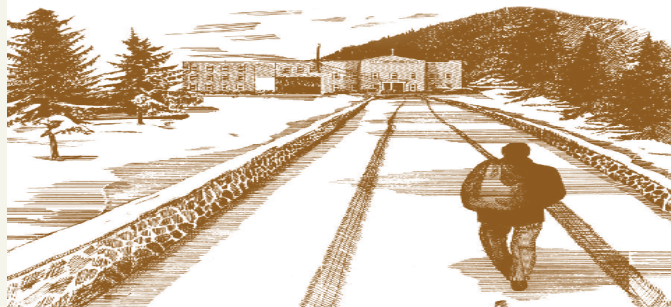


THE  
**INN** *Sight*

NEWSLETTER OF ST. CHRISTOPHER'S INN



*A Ministry of the Franciscan Friars of the Atonement - Graymoor*

**MESSAGE FROM THE PRESIDENT**



We are pleased & excited to share with you, our friends & supporters, "INNSight", a newsletter which will be published twice a year to keep you informed of what is happening at St. Christopher's Inn. As you know, the Inn is a very busy place. Not only do we help the men who come to us, we also provide educational workshops for professionals in the field of chemical dependency, literacy & GED assistance to the Residents of the Inn, opportunities for men of the Inn to share their talents (singing, poetry, playing a musical instrument, etc.) at our "Coffee House" held once a month, and so much more.

It is my firm hope & prayer that as you become more aware of the many activities & services the Inn offers, not only to our Residents but also to the community, you will feel a true sense of pride in your support of the Inn.

Peace,  
*Fr. Bernie Palko, S.A.*

**EVER WONDER THE OUTCOME...**

Anyone connected with St. Christopher's Inn (SCI) knows about the love, care and concern that our residents receive while here at the Inn. But how well do the men do when they move from residents on the "holy mountain" to the world outside?

Since 2003 over 1,000 men have been tracked for up to a year after completing treatment in the Day Rehab Program. The results are outstanding.

The following variables were tracked: In treatment or gradu-

ated from treatment, abstinence and whether individuals obtained a job. They were tracked at 1, 3, 6 and 12-month intervals.

This study confirms that SCI is among the best programs in the United States. The dedicated friars and staff who work so hard to assist our men in crisis are proud to know that their efforts certainly pay off in the long run.

In addition, last year The New York State Office of Alcoholism & Substance Services (OASAS)

compared SCI to 18 other programs in our region. Their study found that 73% of St. Christopher's Inn clients had either completed treatment and/or went on to aftercare following their stay at the Inn. The average of the other 18 other programs was 25%.

We greatly appreciate the support of the community, who truly play a vital role in making this happen! (chart on pg. 2)

by David Gerber

**CENTENNIAL "KICK-OFF" DINNER**

St. Christopher's Inn kicked-off their Centennial on May 15, 2008 at The New York Botanical Gardens .

The evening was as beautiful as the gardens that surrounded the over 200 guests who paid tribute to the honorees and celebrated the nearly 100 years of the Inn's remarkable mission.

Scott Clark, Sports Director/Anchor at Eyewitness News, emceed the evening as the Inn honored former heavyweight boxer Gerry Cooney and Project Renewal of New York City for their outstanding efforts to the homeless and those in recovery.

The honorees were presented

bricks to be placed in the Inn's Centennial Brick Walk, which will be completed in 2009.

James Mahoney, an alumnus as well as the evening's guest speaker, and Mr. Cooney gave inspirational presentations on their personal battles with addiction. Their remarkable stories moved all in attendance and gave them a greater understanding of alcoholism, drug abuse and life in recovery.

In addition, the Board of Directors recognized Mrs. Valerie Mastronardi, one of the founding Board members, for her unwavering support and commitment to the Inn's mission.

Mrs. Mastronardi's words of thanks and encouragement reminded us all of the greater purpose we are here for ... to keep hope alive, especially for those less fortunate.

By Anthony Gallicchio



**Mr. Scott Clark,**  
ABC Sports Anchor,  
masterfully emceeding the event.

# THE ART OF RECOVERY

From January 8 through February 2, 2008, Synchronicity Space and Fine Arts in Manhattan showcased the personal works of the men at St. Christopher's Inn, who in recovery faced their emotions and themselves through "art as therapy".

Twenty-five pastels, watercolors and charcoal works on paper, each representing a high level of perception designed to empower the sensual awareness and the methodology therein.



The work represented the acute awareness of men fighting for their lives, investing in the reinvention of their spirits, guided by the presence of a higher power and driven by their new awareness of actuality rather than reality (Often mutually exclusive of one another).

Each work identified a specific application of the methodology in bringing about the new awareness of sensuality and connect ability rather than dependency upon conceptualization and linear logic.

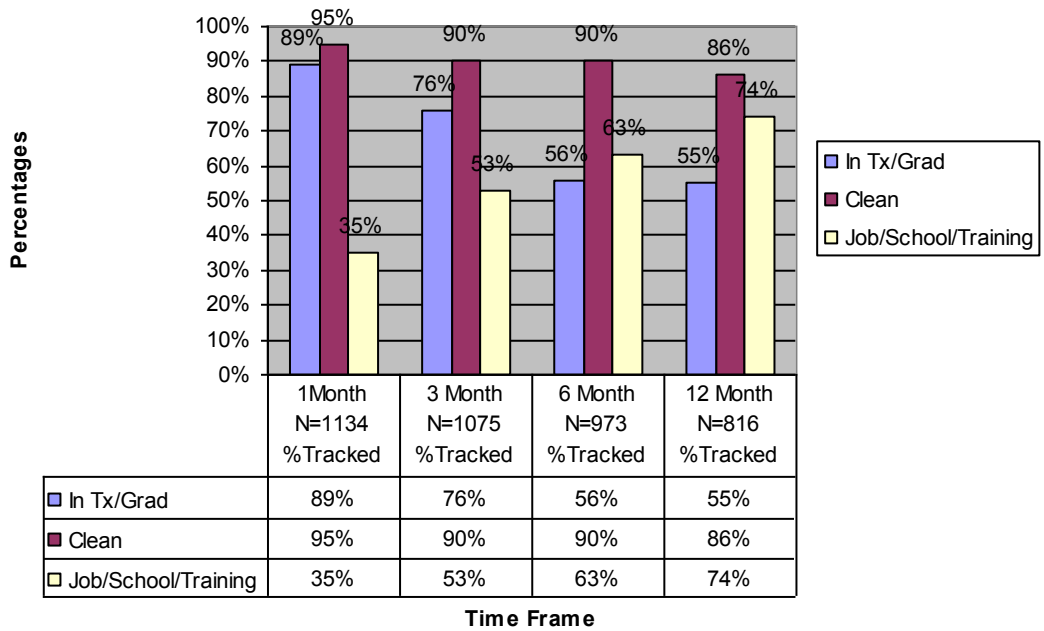
Most of these men had never held an art supply or endeavored to record personal moments of their lives; however, they found the humility, faith and spirit to reinvent their circumstances, awakening their world of perception and discovery as they go forward in a process of recovery.

Artwork from last year's event was the recipient of the "Best in Show Award" at the Office of Alcohol & Substance Abuse Services (OASAS) sponsored art exhibition, which is a show made up of works by people in recovery in a statewide exposition in Albany.



SCI Art Therapist, John Amato with wife Gina at this year's art show.

## St. Christopher's Inn Outcome Study Results: Data 2003-June 2007



## ST. CHRISTOPHER'S "INN" RUSSIA

Alcoholism/Chemical Dependency knows neither borders nor boundaries, and does not respect nationality or culture.

The model of treatment at the Inn has reached across the ocean, thousands of miles away, to assist others in the recovery process. Spirituality, one's connectedness with self, others and a Higher Power is a critical element for recovery to be ongoing in a person's life.

Twelve years ago a group of

Russians were visiting treatment facilities in the United States with the hope of finding effective treatment alternatives to assist them in addressing the huge problem of alcoholism rife in the Russian population.

St. Christopher's Inn (SCI) was one of many places they visited and we were invited to help address the problem of alcoholism and chemical dependency in Russia.

Twice a year we visit the "House

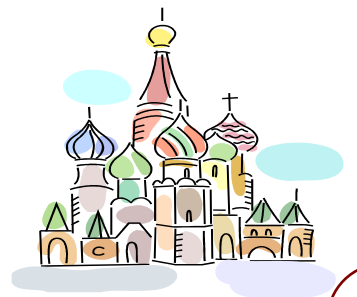
of Hope" in St. Petersburg, Russia to provide training, education, clinical supervision and lectures for Residents of their program.

We also provide onsite training at the Inn for their counselors and other treatment professionals who come to the USA.

This past February, I visited the "House of Hope" to continue our commitment in assisting them in providing the very best of services.

St. Christopher's Inn has been proud to be part of the healing and recovery process which we helped to take root in St. Petersburg, Russia.

By Fr. Bernie Palka, S.A.



## AN ALUMNUS STORY

James Mahoney earned a BS in Business (Aviation) Administration from Metropolitan State College in Denver and began his professional career in 1977 when he took a clerical position in Brooks Brothers' accounting department. Within a year he was a supervisor and 5 years later the Assistant Controller. In 1988, he then moved on to Tiffany & Co. as the Director of Inventory and Cost Accounting and in 1989, he served as President of the Metropolitan Retail Executives Association.

By 1994, James left Tiffany's and began his 6-year journey to St. Christopher's Inn (SCI). Reflecting on his life, he felt successful in the work place, but a failure in his "personal place". He felt simply

a "human doing" and the "human being" part of his life was absent.

Family, friends and professional relations were glaringly missing in his story unless, as he stated "you included two failed marriages, estrangement of family, rejection by friends, multitudes of temporary, short term acquaintances and three failed attempts in rehabs".

By 1996, James felt completely isolated, broke, unable to hold a job and in the depths of addiction. In March of 2000, he found himself in a homeless shelter in Manhattan and while waiting he had a cathartic moment; he kept repeating, "it's over, it's over..." - suddenly an incredible peace

came over him and a counselor asked if he would be willing to get help at a place upstate. On March 28th, James arrived at SCI and as he stated, "life hasn't been the same since - THANK YOU!"

Today, James is the Exec. Dir. of Fiscal Operations at The Altamont Program, working his way up from being an AmeriCorps member doing basic accounting for the organization.

In 2002, James renewed his pilot's license and in December 2003, he became a FAA Certified Private Pilot with an instrumental rating. To more fully utilize his re-found flying skills, he joined a flying club in 2006 and by 2007, he was elected

club treasurer.

As Guest Speaker for our dinner this year, James powerfully expressed his gratitude in his biography,

**" I was born  
on December 2, 1954  
in Manhattan, NY  
& I was reborn  
on March 28, 2000 in  
Garrison, NY at  
St. Christopher's Inn"**

James is truly an outstanding example to us all, simply living life "one day at a time".

By Anthony Gallicchio

## MAKING OUR "MARK" IN THE FIELD

On June 13, 2008, St. Christopher's Inn (SCI), once again, hosted the 2nd Annual Conference for The Hudson Valley Catskill Coalition of Alcoholism & Substance Abuse Treatment Providers.

John J. Coppola, Executive Director of Alcohol & Substance Abuse Providers of New York State (ASAP) was the event's keynote speaker. Among the presenters was Deputy Commissioner of the New York State

Office of Alcohol and Substance Abuse Services (OASAS), Kathleen Caggiano-Siino, who conducted a workshop on talent management issues and workforce development.

In addition, a panel discussion focusing on "the use of best practices in a substance abuse setting" was moderated by Susan Brandau, CASAC, OASAS.

Nearly 80 professionals and those interested in the field

attended the conference and were able to accrue 6 hours towards their Counselor of Alcohol and Substance Abuse Certification (CASAC).

Future workshops at the Inn led by SCI staff include:

"Using Art Therapy w/ Substance Abuse" w/ John Smith-Amato, MFA, MA, on Sept. 17th

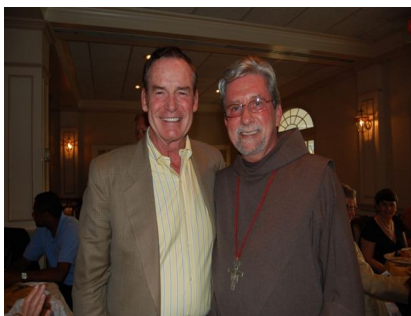
"Parenting Skills for Parents in Recovery" w/ David Gerber, M.Ed., CASAC, on Oct. 15th

"Using Psychodrama w/ Substance Abusers" w/ Gil Vasquez, CASAC, CET, on Dec. 10th

All workshops are open to the public, run from 9:00am-12:00pm, cost \$10 and offer 3 CASAC hours.

For more information contact Emily @ (845) 335-1111.

By Anthony Gallicchio

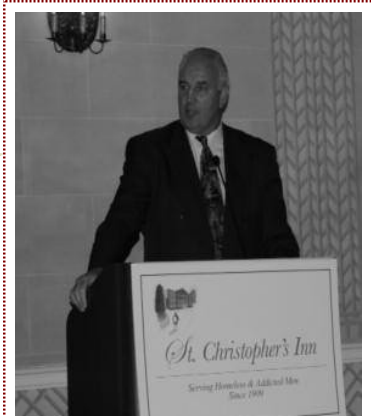


Mr. Jim Gillman, Executive Vice President of Eifert, French & Ketchum and Fr. Bill Drobach, S.A., Vice President of SCI, were honored at SCI's 16th Annual Golf Classic held on June 9, 2008 at the Mount Kisco Country Club.

## "INN" THE SPOTLIGHT

The National Council on Alcoholism & Drug Dependence of Westchester honored Fr. Bernie Palka, SA, CASAC, at their annual luncheon on May 8, 2008.

Actor/Author Malchy McCourt (pictured left with Fr. Bernie) was the keynote speaker.



Mr. Geny Cooney, former heavyweight boxer, being honored at SCI's Centennial Kick-Off Dinner.



VISIT OUR NEW WEBSITE AT:  
[www.stchristophersinn-graymoor.org](http://www.stchristophersinn-graymoor.org)



## ST. CHRISTOPHER'S INN

Residential Shelter & Substance Abuse Treatment Center

21 Franciscan Way, Box 150  
Garrison NY, 10524

Office: (845) 335-1000 / Fax: (845) 335-1017

### MISSION STATEMENT

"We have been called to heal wounds, to unite what has fallen apart and to bring home those who have lost their way."

- St. Francis of Assisi

St. Christopher's Inn, a ministry of the Friars of the Atonement, is a temporary shelter dedicated to the rehabilitation of men in crisis whom we call "Brothers Christopher".

Our mission is to offer emotional and spiritual healing by providing Chemical Dependency Treatment, Primary Health Care and Temporary Housing.

We strive to restore the personal dignity of each individual by utilizing a holistic approach in all our programs. No one is ever turned away because of race, religion or the ability to pay.

In 2009, the Inn will celebrate 100 years of keeping hope alive!  
On behalf of St. Christopher's Inn and all those we serve THANK  
YOU for your interest, friendship and support!

St. Christopher's Inn is dedicated to simply providing the very best of care and serving men suffering from homelessness, poverty and the disease of addiction. The Inn provides temporary shelter, free of charge, while offering the most comprehensive services including addiction treatment, health care, psychiatric services and spiritual guidance.

Nearly 100 years ago, Fr. Paul Watson founded St. Christopher's Inn to help homeless men find hope and compassion. Throughout the Inn's rich history the Franciscan Friars of Atonement have unwaveringly, and without discrimination, kept Fr. Watson's commitment to serve all those who call upon them for healing. To learn more about the Atonement Friars visit [www.atonementfriars.org](http://www.atonementfriars.org)

## INVEST IN HOPE

Your support truly helps us to keep hope alive for all those who come to St. Christopher's Inn looking for a better tomorrow. We are proud of the fact that, as stewards of your generosity and sacrifice, our commitment is to ensure that each contribution makes the greatest difference in every life we touch.

Here are some ways in which you can help us save a life:

**Centennial Brick Walk:** Give a gift that will last forever, celebrate a momentous occasion or remember a loved one. Purchase a brick to be engraved and be a part of our Centennial Walk made up of 5,000 bricks in a "park like" setting. Bricks cost \$250 for standard size and \$500 for a larger version.

**Contribute to the Scholarship Fund:** St. Christopher's Inn gives away well over \$700,000 a year for medical and counseling services (In the past, that number has nearly reached \$1,000,000).

Scholarships are reserved for exemplary candidates committed to recovery who do not have the means to pay.

**Corporate Campaign:** Each year our friends in the business world make a monetary commitment and/or provide contacts to support our facility and programs. Matching Gift opportunities are always welcomed.

**"Friend of St. Christopher's Inn" Member:** This annual membership opportunity is a great way to keep in touch with what's going on at the Inn, including special events and discounts at our thrift store/antique shop. Memberships start at \$25 - \$100 annually to \$500 for a lifetime membership.

**Gifts in Kind:** If you own a business or know of someone who does, we welcome donations of all kinds, including, but not limited to bed and hygiene products, food, office supplies, under garments and medical supplies (including medications).

**Sponsor/Support an Event:** From golf-outings to dinners we are always looking for friends and guests to join us.

If you are interested in becoming a sponsor, purchasing a journal ad or attending one of our events, please contact us for a list of opportunities.

**Volunteer:** Time is one of the greatest gifts one can give. From drivers to artists and everything in between, if you have a skill you would like to share, we can use your help! Those with educational, social work, clerical, and/or healthcare backgrounds are always in great need.

We greatly appreciate your friendship support and trust!

**Please feel free to contact our Development Office @ (845) 335-1005 or email [agallicchio@atonementfriars.org](mailto:agallicchio@atonementfriars.org) for more information.**

*All donations are tax deductible to the extent allowed by law.*

**If we can help you or someone you know, please call: (800) 424 - 0027**