

SECOND GENESIS  
HELP FOR ADDICTION. HOPE FOR THE COMMUNITY.

# in Focus

Fall 2004

INSIDE

## A Hero Working Among Us

by Cathy Martens

When people tell me that recovering addicts can't make a difference in society, I love to share Nancy's story with them. Nancy Whittier Dudley-Heaslip—a graduate of Second Genesis who once had a million dollar a year cocaine habit—is now the vice chairperson of our board, a wonderful wife and mother, an anti-drug advocate for the previous three administrations, and currently an active part of the Bush administration. In her current position, she is developing a communications plan promoting the use of brain imaging technology in addiction research. Her book, *From the Crack House to The White House*, is due out in 2005.



Truly, anyone can make a difference in society—particularly recovering addicts. Sometimes it takes a mix of experience and courage to make it happen.

This year's gala marked 19 years of sobriety for Nancy. We celebrated with her as she shared her story as our graduate speaker. This year also held a major honor for Nancy. The Johnson Institute, one of the oldest service non-profit organizations composed of and serving people in recovery, celebrated Nancy's contributions to recovery at their first annual "America Honors Recovery" awards luncheon. The Johnson Institute recognized Nancy for overcoming her addiction and for giving back to her community and society by continuing to help those still suffering from addiction. As Johnson Institute President Johnny Allem said, "Nancy is an unsung hero."

Nancy is an avid patron for addiction treatment and recovery. Through writing, speaking, and substance abuse policy formulation, she has paved the way for innovative therapy and continues to do so in her latest brain imaging work. She also played an intricate role in the fight for women to enter treatment with their children. Second Genesis' Baltimore and Melwood Houses for Women and Their Children are tributes to Nancy's belief that mothers coping with addiction need to battle their illness and learn parenting skills at the same time. Many women do not seek substance abuse treatment because there is no viable childcare option while they complete treatment. She helped Second Genesis establish the first D.C.-area Women With Their Children program in Upper Marlboro, Maryland.

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# Message from the Founder and President

Sidney Shankman, M.D.



*Sidney Shankman, M.D.*

## A Celebration of Life

*"The greatest privilege I know is to save a life;  
the greatest opportunity is to help restructure a shattered one.*

*Second Genesis has been our means to accomplish both."*

How profoundly grateful I am for the blessing of having born witness to 35 years of celebrating life. Far and away, the best prize that life can offer to anyone is the opportunity to work hard at work worth doing.

Most importantly, I have personally realized that one cannot hold a torch to light another's path without brightening one's own. I thank God everyday for revealing to all of us in the field of rehabilitation that what we frankly give—forever is our own.

This year marks 35 years of restructuring lives at Second Genesis. As we celebrate life, I hope that you, too, realize the importance of your support—that you, too, must appreciate there is no better exercise for the heart than reaching down and lifting someone up. The effort that we all make for the happiness of others lifts us above ourselves.

I shall remain forever grateful to Second Genesis for helping me feel that whatever service one renders is the rent one pays for one's space on earth.

The greatest privilege I know is to help save a life; the greatest opportunity is to help restructure a shattered one. I am deeply grateful to Second Genesis for providing, for me, a venue to do both.

As its name implies, Second Genesis has for 35 years provided the opportunity for many thousands of young people to begin again—only more wisely. It is by virtue of all that you do and have done that permits our carrying out our life-saving mission.

Personally, the highest reward I have received for whatever part I have played over these last 35 years is not what I get from our work, but what I am able to become and to experience because of it.

As we mark 35 years of work and changed lives, I look to our future and to the difference we will make there. I clearly see that our communities will be more viable, our families will stay closer, and our country will be stronger because of our combined efforts. Thank you for your continued support and for your vested interest in our bright future. We're looking forward to many more years of life-changing and life-saving work.

# Kris Shipley's Story



## Speaking Out at Our Nation's Capitol

The Story of Kris Shipley  
A recent graduate of Second Genesis

On June 15, 2004, Kris Shipley, a recent graduate of Second Genesis, testified before the United States Senate Committee on Health, Education, Labor and Pensions on behalf of the Therapeutic Communities of America. The hearing, "Providing Substance Abuse Prevention and Treatment Services to Adolescents," highlighted the need for continued dedication to treatment, aggressive education/treatment for our youth, and the need for Federal support and funding.

Now a 28-year-old man, Kris began using alcohol and drugs at age 11. Born in Baltimore, Maryland and raised in Anne Arundel County, he dropped out of school at age 16 with a drug abuse habit and supported himself with proceeds from selling drugs. He wove his way through the court systems in his youth, and at age 24, he was arrested on assorted charges and sentenced to 20 years in prison. During the first three years of his sentence he obtained his GED. In his fourth year, he was sent to Second Genesis' residential treatment program. Kris took treatment seriously, worked hard in the program, and is now gainfully employed as an administrative assistant. He plans to attend college in late 2004 where he will begin working on his undergraduate degree in criminal justice along with obtaining his certification and licensing (CAC) as an addiction counselor.

Today, Kris Shipley is a living example of how treatment can save a life and completely change a person. This summer, Kris stood before the United States Senate Substance Abuse and Mental Health Services Subcommittee to testify about his life experiences as a teen addict, and to work to prevent America's youth from following his tragic path. Through sharing his life story detailing his childhood addiction, irresponsible and enabling parents, active addiction and drug dealing in his youth and early adulthood, and finally his transformation into a sober productive member of society; Kris painted a vivid picture for our lawmakers. His overriding message: Never give up on trying to keep America's youth free from substance abuse through prevention and treatment. Outreach and education in the schools and community-based programs, peer counseling, and tutoring and mentoring programs can all help to prevent a youth from starting or sustaining a lifestyle of drug use.

Kris regrets that as a youth he was not mandated to a level of treatment and care similar to Second Genesis' adolescent programs that are currently offered. According to Kris, "With the resources available today to our nation's youth, I feel confident that we can reach kids before bad habits are started. Together with Federal support, we can attack addiction before it strikes. It is my firm belief that if we teach kids about the real dangers of alcohol and drug use and abuse, they will be able to make the right choices to avoid the horrors of the path I have taken. Together, we can empower youth, like my son and generations to come, not to start a life of drug use and abuse."

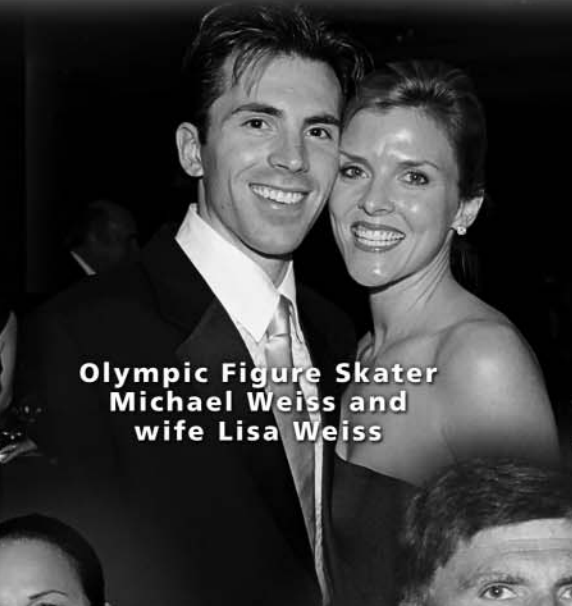
Kris ended his testimony with a plea for the Committee to continue funding substance abuse treatment and educational programs. He recommended that intervention start at an early age for youth or through mandated prevention. He also added that the goal is to support adolescents to develop necessary skills and self-confidence to be drug free.

Kris's life is a testimony that we can all take to heart. It is through his determination to give back to the community and counsel local addicts that clearly shows what can be achieved when one person sets a steadfast goal. Stopping the cycle of addiction in our nation depends on people like Kris who are willing to better themselves and give back to help others battling the same disease. At Second Genesis, we are proud of Kris for his persistence, and we share his effort to strengthen our local community and speak out for our future generations.

# Second Genesis Celebrating Life Gala, September 30, 2004



J. Paul McNamara  
Emcee, Paul Berry



Olympic Figure Skater  
Michael Weiss and  
wife Lisa Weiss



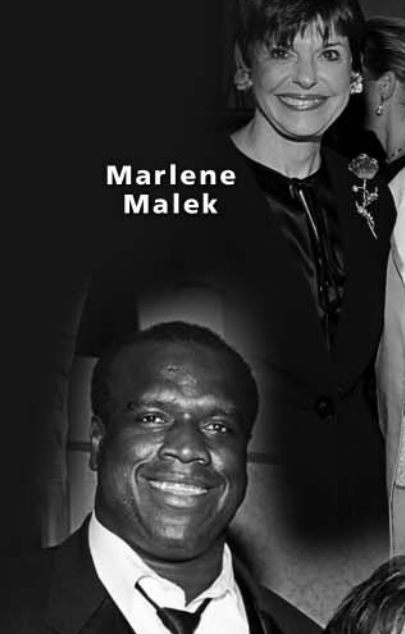
Ed Romanoff  
Suzanne Harbaer  
Ross Little



Perry Roberts



Dan and Barbara Rosenthal



Marlene Malek



Pat Stern



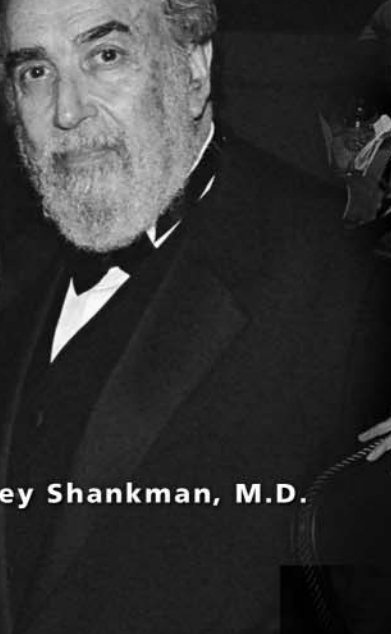
Grace Bender



Governor and Mrs. Ehrlich



Sidney Shankman, M.D.



Mary Ourisman



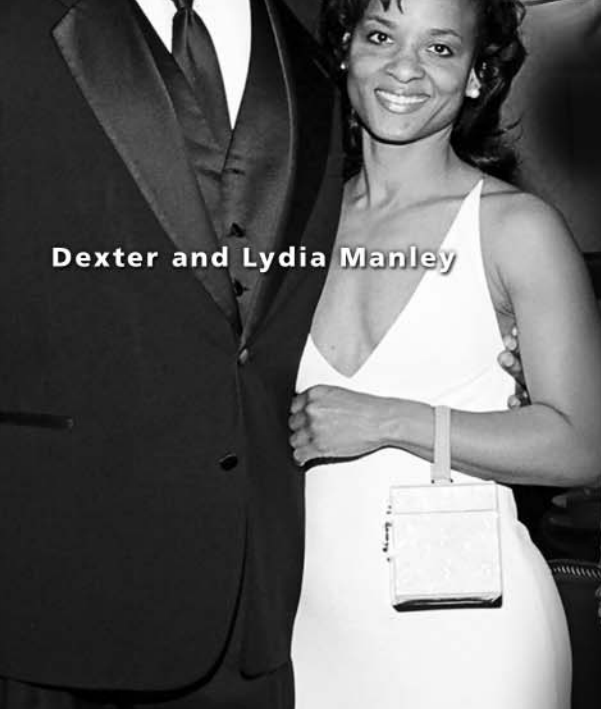
Gabriella Moreno



Susan Hurley Bennett



Lisa Gordon Haggerty



Dexter and Lydia Manley



Amy and Alan Meltzer



Paul and Beth Westbrook



Gala Co-Chairmen  
Susan and Bob Kaehler



Maryland Governor  
Bob Ehrlich



Joel and Debi Meisel



## Protecting Our Children and Ensuring a Bright Future

by Elaine Clemons Leibsohn

Protecting our children and ensuring a bright future for America where children can thrive is a common goal for most parents. At Second Genesis, we share this ambition.

Giving our youth the tools and knowledge to lead a life free from drug and alcohol use and abuse is a key challenge at Second Genesis. To break the chain of addiction and provide hope for our communities, we must reach the youth of America before addiction has a chance to strike.

Our executive director, Cathy Martens, conceived our Youth Awareness Program in 2000 and brought it to life with the support of the staff at Walt Whitman High School (Bethesda, Md.) through the common desire to share frankly with our youth the dangers of drug use and abuse.

As Cathy shares every time she visits a class, our youth have so many choices to make every day. One of these choices—a critical decision—is whether or not to consume alcohol and/or use drugs. To help these students make the right choice, Cathy brings along “experts”—recovering clients who speak candidly about the dangers of drug and alcohol use and how it leads to abuse.

As you can imagine, the program has grown exponentially. The positive feedback from school leaders and the direct response from youth participants has encouraged Second Genesis to continue to expand to neighboring schools and counties, and even states. Unfortunately, this means that Cathy’s schedule has become more than filled. Her duties as executive director and the demands of the Youth Awareness Program meant that help was needed to continue the program’s growth.

To manage and nurture the project, Second Genesis has welcomed a new partner to the Community Relations and Development team: legendary Redskins defensive end and recovering drug addict Dexter Manley. As the new Director of Community Outreach, Dexter joined us in October to lead the youth substance abuse awareness program. Dexter will unite with Second Genesis’ team of recovering clients to directly educate youth about the realities and serious consequences of drug and alcohol use and addiction. As a liaison to the public, Dexter will also spread the news of recovery and share how to avoid the path of drug and alcohol use.

Passing the torch of the school program is a heartwarming moment for Cathy. As she says, “We know Dexter is going to be a terrific benefit to the Second Genesis family. As a recovering addict, he knows first-hand what our clients are facing and he is able to speak from his heart about the experiences and consequences of his addiction. His testimony and personal dedication to educating youth and the public about prevention and treatment are a perfect match with Second Genesis’ goals and the needs of our community.”

We welcome you, Dexter, and look forward to the continued growth of the school program. We know the youth in our community will benefit enormously from your story and from those in recovery that you bring to share with them.

If you are interested in involving your school in Second Genesis’ substance abuse awareness program, please contact our community relations and development office at (301) 563-1545.

# Spotlight on Board Members



## **Robert Naddelman**

Rob Naddelman has been President of Baseball Factory since 1995. The Baseball Factory is the leader in player development and college placement for high school baseball players on a worldwide scale. Under his guidance, the company has been recognized as the top recruiting service for high school players by The National High School Baseball Coaches Association. Through his vision and determination, the company's revenues have grown 800% since 1998, with projected revenues of \$7.0 million for 2004. Rob is also the Executive Director of B.A.S.E.-H.I.T. Foundation, and the owner and director of Trinity summer camps.



## **Thomas Keane**

Tom Keane is a Senior Vice President of Marsh Incorporated, the world's largest risk advisory and insurance brokerage firm. Prior to joining Marsh, Tom co-founded a corporate governance and risk-consulting firm with the Honorable Jack Kemp and Fred Zeidman. Corporate Diagnostics provided senior executives and board members of public corporations with integrated financial, accounting and risk management solutions. In 1997, he co-founded Integrated Management Consulting (IMC), an independent management consulting practice. At IMC, he developed groundbreaking cost reduction methodologies for large manufacturing and heavy industrial firms across North America, Europe and Australia. He is a frequent speaker on risk financing and corporate governance issues.

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## **A Hero Working Among Us**

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Nancy is currently working on multiple projects including development of an exhibit on the addicted brain for the Arizona Science Center, promotion of a new science-based prevention curriculum for D.A.R.E., and implementation of a substance abuse strategy for the District of Columbia.

Considering all of Nancy's accomplishments and passions, it is no wonder we consider her a hero. She is an active advocate fighting daily to help those still struggling with addiction, and she works tirelessly with our leaders to better treatment options to promote long-term recovery. At Second Genesis, Nancy is a hero working among us. She is our cheerleader, and we are hers.

Nancy, we celebrate you and your work. Who better to relate, educate and help fight the war on drugs than our unsung hero. As Nancy celebrates 19 years of sobriety, she shares her story of faith, hope and love with our nation—one person at a time.

# Second Genesis, Inc.

8611 Second Avenue  
Silver Spring, MD 20910-3372

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**Sidney Shankman, M.D.**  
*Founder & President*

**Catherine C. Martens**  
*Executive Director*

**Elaine Clemons Leibsohn**  
*VP of Community Relations and Development*

We welcome your feedback.  
For information on programs, donations,  
and community outreach, please  
call 301.563.1545. If you or someone you  
know needs help, please call  
1.866.563.6527 or 301.563.6527.

Fax: 301.563.1546  
Email: [info@secondgenesis.org](mailto:info@secondgenesis.org)

Please visit our Website at:  
**[www.secondgenesis.org](http://www.secondgenesis.org)**



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