

The Butterfly Bulletin

Special Annual Report Edition—Spring 2017

Newsletter for New Directions for Women, Inc. | 2607 Willo Lane, Costa Mesa, CA 92627 | 800.93.WOMEN | newdirectionsforwomen.org



Our Mission

Saving the lives of women of all ages, women with children and pregnant women affected by alcoholism, other addictions, and related issues.



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The Year 2016 in Review

—By Rebecca Flood, CEO

"...When all the world is a hopeless jumble. And the raindrops tumble all around. Heaven opens a magic lane..."
(First stanza of Somewhere Over the Rainbow)

This year, New Directions for Women is proud to celebrate 40 years of continuous service to women, families, and their children. We have stayed true to the core values our Founders held dear—to treat each person who enters our facility with dignity, grace and, respect. In doing so, we open up a "magic lane" for each woman where dreams really can come true. It's the spiritual lane of recovery where wounds are healed, where families are healed; where women come out of the darkness and into the light. The New Directions family is blessed to witness these miracles every day and have a hand in each transformation.

Having passed with flying colors our 3rd triennial CARF accreditation process, we look back at all that we accomplished in 2016, and and gaze ahead to where we go from here.

Founders House is being well utilized and remains filled to capacity. Those on campus have settled in and are enjoying the security and safety of the new building and surrounding grounds. We recently finished landscaping our common areas and a sand volleyball court has been added for patients and their families to enjoy on the weekends. It's wonderful to hear the sounds of laughter from women who are beginning to come back to life. The patients also make good use of the spiritual room upstairs for meditation, the water wall, the fire pit, and the surrounding gardens. It's amazing to watch them start to breathe deeply and relax.

It's easy to see that their kids are also feeling better. They come to our campus anxious, scared, unsure, and sometimes acting like little adults. One of our primary goals for 2017 is to better help these children.

For the last 6 months, our daycare has been full with a waiting list. The need for childcare services for women coming in to treatment is not limited to our area but can be felt nationwide. To accommodate, the newest phase of our expansion plan involves a complete renovation of Faith House to quadruple the size of this haven where pregnant women and women with children can live, receive services, and benefit from the proposed 2,000 sq. ft. childcare center. Plans have been drawn and a capital campaign is underway. Already raised is close to one million of the four million needed to complete the project (#TeamFaith

House), with 24 months left to complete the raising of the funds. So over the next 24 to 36 months, we believe that our campus will be under construction once again.

I believe that bright days are ahead for the addiction treatment field because of programs like New Directions and many others that have sustained prior rainstorms and have always stayed focused on the rainbow. New Directions is really honored that for being such a small organization, we have such a large voice nationally in the addiction world. I think it's because of everyone in the organization who has given so much of themselves in so many ways, and because of the strength of our Founders, the roots they provided, and the voice the current team still carries on their behalf. That in itself gives me continued hope that New Directions can extend its life changing mission another 40 years.



A note from our Chief Clinical Officer

Many exciting things are happening at New Directions for Women as we've been able to bring recovery to more women than ever. One substantial change is that we have a new clinical director. Pam Hughes, Clinical Director, LMFT comes to us with over 10 years experience working in addiction, and we are lucky to have her.



Phil Scherer, Chief Clinical Officer

Our Partial Day program has become a larger part of the services we provide, and we anticipate its further growth this year. This program provides a solid bridge between residential care and intensive outpatient (IOP). It also provides structure for those who don't need residential but aren't quite in a place where IOP would be enough.

We are now fully functional in all our holistic detox protocols. The dry sauna is being used for cleaning toxins from the body. The Bio Sound lounge table has proven a successful technique to reduce stress and anxiety through the use of vibrations, music,

and visual imagery. Not only is Bio Sound a great relaxation technique, it also helps with depression and the feelings of despair that often accompany the detox phase of treatment.

We've also begun training all of our support staff to become certified recovery coaches. The program is geared toward anyone interested in promoting recovery by helping patients to remove mental barriers and obstacles. To serve as a personal guide and mentor, coaches learn special listening skills and new methods for talking to patients which enable the staff member to re-frame things for them. The certification training, provided by the CCAR Recovery Coach Academy®, will give us yet more tools at our disposal to help individuals and their families sustain recovery. We want both our clinicians and support staff to have every skill set available to engage patients in a way that is helpful.

Overall, I'm excited for the opportunities and challenges that will come with the new year and am ever grateful to be a part of the New Directions for Women family as we celebrate 40 years.



Working With Technology

New Directions has gone totally electronic. In addition to the already established EMR system (Electronic Medical Records), we integrated Salesforce, ePreventions (a follow-up care system), and electronic HR records. Maintenance requests have also gone electronic. The new technologies will hopefully increase our potential for the efficient and effective care of our women.

Community Support

We've been overwhelmingly blessed by the philanthropic generosity of organizations in our community. Beach Candy Swimwear has donated swim suits throughout the year. Studio Fixx, a group exercise fitness studio, has been donating monthly classes to our women. A local beauty academy, Business of Balayage, has donated makeovers and hair cuts, boosting everyone's morale. In addition, the University of California Irvine Club, Fashion Interest Group selected New Directions as their charity of choice for their Spring Fashion Show.

We are grateful to these organizations that want to make a difference for women in their community.

Intern Program

New Directions has enlarged our use of interns through several local educational institutions including Saddleback College, Vanguard University, and UCI. We've assimilated those interns into our intake and clinical departments, hoping to give them some invaluable experience for a bright future in addiction recovery.

Interested in internship opportunities? Please contact Dawn Meadows, our QI/HR coordinator at (949) 313-1192 ext. 403 or dmeadows@newdirectionsforwomen.org

2016 PHILANTHROPIC INVESTORS ~ Thank you for your support!

Emperor Butterfly Sustainers: \$35,000+

The Pickup Family
Anonymous Foundation
Anonymous Foundation of the
Orange County Community
Faith Fayman Strong

Monarch Butterfly Sustainers: \$10,000 – \$34,999

Anand Kannan
Chamade Foundation Inc.
Balboa Bay Resort

Crescent Butterfly Sustainers: \$2,500 – \$9,999

2003 Eagle Foundation	Elmore Toyota	Seabrook House
Advanced Medical Billing Services, LLC	Gina Mead Howie	The Busch Firm
Barbara Regosin	Linda Smith Foundation	The Centennial Group
Christine Eckloff-Vassos	Northbound Treatment Services	The Steve & Lois Mihaylo Foundation
Diana Sammis-Brookes	Rebecca J. Flood	Western Digital Foundation

Supporters: \$1,000 – \$2,499

Alina Lodge	Carroll & Alice Bryant	Howard and Katherine Bland	Phil Scherer
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Artemis Recovery Center	Dominion Diagnostics	Jim Wilder	Tania Bhattacharyya
Bruce Lorenz	Don & Terri Milder	Joe & Mary Ballavance	The Mars Family Charitable Foundation
California Community Foundation	Dr. Dan Headrick	Law Offices of Amir Kahana	Tom Thurston
Carl E. Wynn Foundation	First Republic Bank	Lyn & Daneen Wilder	Virginia L. Borella
	Frome Family Foundation	Newport Beach Recovery Center	

Friends: Gifts of up to \$999

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Allie Yep	Darlene Quinn	John & Carole Gibson	Mark & Tracy Widder	Salvator Calandrino
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Allison Wilder-Wiemann	Dawn Meadows	Jose & Cathy Navarro	Mary Niedringhaus	Sara Johnston
Amy Stoodly-King	Deanna Gilpin	Joyce Boykin	Maureen Wille	Shannon Eustace
Andrea Carpena	Deborah Felin	Judith Landau	Melissa Suffield	Shaquita Woods
Angela Shrove	Denise & Kevin Hering	Judith Zuercher	Melissa Holmes Goodmon	Sharifa Sharaf
Ann Premazon	Devera & Anthony Heard	Judy Zorilla	Meredith H. Carrol	Sharon Juergensen
Bahareh Saidian	Donna Anderson	Julie Huniu	Merrilee Greene	Shelley Willner Newman
Barbara Stephens	Douglas Kerr	Julie Schrock	Michael C. Bertin	Sherry Tamasula
Barbara Yeager	Dr. Pamela Middleton	Justa Guzman	Michael Licari	Simon Stone
Barbra Jernigan	Dr. Ted Williams	Karen Dodge	Michele Blair	Sovereign Health
Barry & Laurie Booth	Dustin Frei	Karen Niles	Mitchell Sargent	St. Vincent De Paul Church
Barry Bartholomew	Edward M. Diehl	Kathleen Loving	Morris & Kathryn Hodges	Stacy Pasetta
Becca Lorenz	Elizabeth Cipriano	Kathryn L. Haskell	Nadeem Munshi	Stephanie Balce
Benjamin & Rossy Jones	Ella Croney	Katie Ronquillo	Nan Schooley	Susan Blen
Beth Billstein	Ellen Shiro	Kelly Anne Uyeda	Nancy Ellen Hansen	Susan Meek
Betty G. Bedwell	Emili Barbour	Kendra Senn	Nellie Smith	Susan Mehta
Bill Wyick	ePreventions Inc.	Kim Cheri Kaiser	Nicolas Bianchi	Susan Sudman
Billye Shinto-Littman	Frances Chapman	Kimberly Leiter	Nigro & Nigro, P.C.	Sydney N. Pritchard
Bonnie Lippe-Dursthoff	Frances J. Pedley	La Verne Matthews	Noah Levine	Tahera Christy
Brice Grogan	Gabriel Yanez	Larisa Miller	OC Community Foundation	Tamika Carroll
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Cheryl Bybee	Jamie Eater & Rick Parrish	Linda Swartz	Peter & Andrea Sisti	Valarie Warren
Cheryl Esmond	Jane & Eugene Lyons	Lisa & Robert Marinucci	Phillip Gold	Verbal Ink
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Christin Foreman Ellis	Jean Ashby & Kenneth Burger	Lori McGee	Rachel Lorenz	Victoria Herbert
Christina O'Rourke	Jean Strand	Lynda Armbruster	Rebecca Cooper	Vidaurreta Family
Christina Vecchi	Jef Mullins	M.J. Blackwell	Rena Puebla	Viki Swartz
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Christy A. Rosen	Jenni Busse	Malcolm Smith	Robin Davis	W.H. Mumper
Chuck Marlatte	Jennifer Nunnikhoven	Manny Tapia	Robin Law	William & Mimi Singleton
Claudia Jaimes	Jillian O'Sullivan	Marcela Sanchez	Roger & Edwina Hansen	William P. Long
Colette Abraham	Jim Keating	Marcia R. Novegrad	Ron & Gail Soderling	
Colin Volz		Margaret H. Dorris	Rosalie Lucca	

NDFW FINANCIAL POSITION

CONSOLIDATED ASSETS

INC

Cash & Savings	\$405,929
All Other Assets	\$5,146,740

FOUNDATION

Cash & Savings	\$430,888
All Other Assets	\$898,474

TOTAL CONSOLIDATED ASSETS \$6,882,032

LIABILITIES & NET ASSETS

INC

Current Liabilities	\$456,306
Long Term Liabilities	\$295,231
Net Assets	\$4,801,131

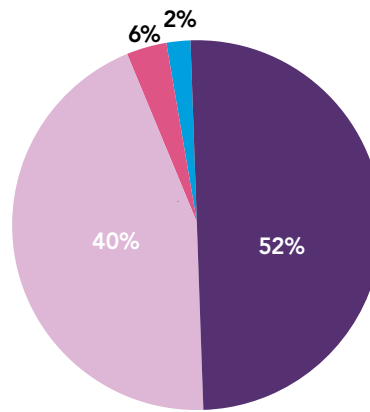
FOUNDATION

Current Liabilities	(\$255,379)
Net Assets	\$1,584,742

TOTAL CONSOLIDATED LIABILITIES & NET ASSETS \$6,882,032 As of March 31, 2017:

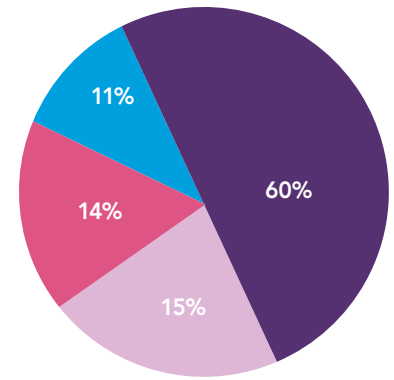
[These are unaudited financial statements]

FISCAL YEAR 2016-2017 (APRIL 1, 2016 – MARCH 31, 2017)



REVENUE

- Patient Days - Insurance
- Patient Days - Private Pay
- Foundation Contributions
- Other



EXPENSES

- Salaries, Wages + Benefits
- Operating Expenses
- Clinical Expenses
- Marketing Expenses

FAITH HOUSE TRANSFORMATION HIGHLIGHTS:

Together, we are going to rebuild Faith House, our home for our women and their children. This building is over 50 years old, and it's time to tear it down and quadruple the size for the next generation of women and children that need care. Our plan includes:

- A 2,000 sq. ft. state of the art fully licensed developmental childcare facility that will be able to serve up to 80 children (ages 0 – 13) per day.
- Staff and community member access to our day care at a cost, which will raise profits for our Pamela Wilder Scholarship Fund and become a Social Enterprise.
- Rose, vegetable, and herb gardens that our women maintain during weekly gardening sessions. This activity is an experiential and spiritual therapy our women engage in to nurture their relationship with their higher power and with Mother Earth.
- A professional playground for the children living on our campus and those visiting for daily daycare.
- Faith House will also house our Executive Offices and Board Room, allowing space for our volunteer Board of Directors and management staff to continue carrying out our daily vision of transforming lives.
- A one-bedroom condo built into Faith House that our referral sources and extended family can stay in overnight for special visits, such as the week when a patient delivers a baby.

Benches & Pavers

Personalized paver bricks and engraved bench plaques are now available. The pavers will be placed along the path of Faith House and our Campus. Please contact Tania Bhattacharyya at (949) 313-1192 ext. 300 to order yours today.

- \$1,000 — 4" x 8" paver with up to 3 lines**
- \$5,000 — 12" x 12" paver with up to 4 lines**
- \$10,000 — 48" x 23" x 35.5" bench (up to 4 lines)**



Paving the Way to Recovery — Together!

As part of continuous quality improvement efforts, New Directions for Women collects data from stakeholders across the organization to gauge treatment effectiveness, efficiency of treatment services, satisfaction with the organization (including employment and treatment services), and satisfaction with access to treatment.

Over the 2016 year, 126 patients completed a survey at discharge, 30 days, 60 days, 90 days, 6 months, and 12 months post discharge.

POST-DISCHARGE FOLLOW-UP HIGHLIGHTS:

- 86% of patients surveyed post-discharge report no substance use within the last 30 days.
- 79% of patients surveyed post-discharge report that they have seen great or significant improvement in their lives since being discharged from NDFW.
- 87% of patients surveyed post-discharge report that they are attending 12-step meetings.

In 2016, 29 out of 31 eligible employees completed the Annual Employee Satisfaction Survey for a total response rate of 94%.

EMPLOYEE SATISFACTION HIGHLIGHTS:

- 96% of employees either Agree or Strongly Agree that they understand NDFW's mission, vision and core values.
- 96% of employees either Agree or Strongly Agree that their co-workers treat them with respect and dignity.
- 86% of employees responded that they are encouraged to use their knowledge and skills in their job at NDFW.

A Satisfaction Survey was given to 48 patients upon discharge and completion of the Residential Treatment Program. The survey asks patients to measure their satisfaction levels in several areas relating to their treatment at New Directions.

PATIENT SATISFACTION HIGHLIGHTS:

- 81% of patients surveyed report having a better understanding of the disease of addiction.
- 96% of patients surveyed report that they are motivated to work to maintain their recovery as a result of their treatment at NDFW.
- 83% of patients surveyed felt safe in the environment at NDFW.
- 73% of patients surveyed report they would recommend NDFW to others.

In 2016, 760 family members and support persons were surveyed to gauge the effectiveness and overall satisfaction of the Family Group. Family Group Sessions are held on campus every Saturday.

FAMILY GROUP SESSION EVALUATION:

- 90% of respondents felt that the Family Group Sessions were overall Very Good or Excellent.
- 93% of respondents Agreed or Strongly Agreed that the topics discussed helped them better understand addictive disease.
- 97% of respondents Agreed or Strongly Agreed that the topics were informative and clearly presented.

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Dan Carracino
Rev. Dr. Charles Dorsey

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Ensuring the highest quality treatment



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Kitty's Success Story

What brought me to New Directions for Women was certainly God. I had a long standing dependency on pain pills that eventually escalated into heroin addiction. After a number of desperate attempts to get clean and sober, something outside myself made me reach out for help just one last time. It was all I could do because frankly, the option of death sounded preferable at the time.



From the hotel room I was living in I googled treatment centers in Southern California and found New Direction's website. I loved the fact that it was all women. I went to an all girls school and had always believed that truly beautiful things can happen when women come together to help each other. That was the attraction for me and I thought to myself, "That's where I'm going. I'm just going to do it." A couple days later I was on a plane from New Orleans and ended up here.

I can't even express how my life has changed since that happened. I really can't. I'm so grateful that this is where I ended up. My life has changed dramatically since I walked in those doors. I'm employed, I have a bed, and a closet full of clothes. Not that many, but enough to get through. My relationship with my family is dramatically better and I'm reconnecting with my sister. I talk to my mom everyday and I have friends. I have a community. I have a program and an amazing sponsor. I think that it was just a combination of things that worked for me this time. Willingness certainly played a big part. I was pretty beaten down, which worked to my benefit.

For me ... the God part of it was that I ended up in New Directions. The amazing things that happened to me there, what I witnessed, and the love and healing in that place. I've never felt more truly cared about than I did here and still do. I go back every week for alumni. I won't miss it. I'm still good friends with the women that I went through treatment with and every time I walk back on that property it's with a sense of deep gratitude and true humility. That place is sacred ground to me, it really is. It saved my life. It saved the lives of my family. It saved my relationships with myself, with God, with the people that I love... I hope to continue to go back there for as long as I live really. I'm just tremendously grateful for the people, for the program, and for what this place enabled me to do for myself.



Wall inspired by Candy Chang's TED Talk on setting goals.



ALUMNAE CORNER

Every Thursday at 6 pm is our **OPEN WOMEN'S AA MEETING!** All women welcome and childcare is provided!! This is a solution based meeting focused on women helping women, so bring your friends and family. Come join us and help spread the word!!

On the fourth Thursday we offer dinner at 5 pm for alumnae then our **SPEAKER/BIRTHDAY MEETING** at 6 pm. If you are an alumnae and interested in speaking, please contact Miranda. If you have a birthday coming up we'd love to help you celebrate it!!

May 2017 — Drive to collect toiletry items, socks, t-shirts, etc. for the homeless. For every bag of items donated you will be entered into a raffle to win a prize at the end of the month.

July 2 and September 2 — Park clean-up and picnic at Tewinkle Park. All patients, alumnae, family, friends, and staff are invited to join us for some summer fun and community service.

October 8 — Beach Clean-up at Bolsa Chica State Beach. A park staff member will discuss the importance and process of keeping our beaches clean, then we will do our part with a clean-up followed by fellowship, fun, and food!

For questions, more details, or to help out, please contact Miranda Bohl, Alumnae Coordinator, (949) 313-1192 ext. 303 or mbohl@newdirectionsforwomen.org

PATIENT CORNER

This past Valentine's Day, the Business of Balayage hosted our patients for a full day of haircuts, makeovers, bonding, and self-care. It certainly was a blessed day! Carolyn W. was among those to get a makeover. She wrote this note in gratitude...

Many of us came to New Directions broken down and wounded. It's hard to radiate confidence when you are humbled to an all-time low. But everyday as we work towards a new self, we are learning to love ourselves again.

Amber from the Balayage Center gave us a chance to embrace this change externally. This was the most excited any of us girls had been since we entered treatment. The entire week prior, all we could talk about was our new hairdos. It gave us something to look forward to and something to smile about.

Amber and her team of volunteer hair stylists treated us like we were royalty. They took personal interest in our stories and commended us on our strength. Not to mention, they brought pizza for lunch as well! The whole day is full of memories that I will hold dear to my recovery story. Confidence is key to recovery and we are beyond thankful to the women who took the time to make us feel beautiful from the inside out. —Carolyn W.



Our women showing off their new locks!

SAVE THE DATE

**Wellbriety Warrior Down
CEU Training**
June 12-14th – NDFW Admin Offices

ATCPC 11th Annual Conference
July 24th-26th – Balboa Bay Resort

Open House
September 6th – 5:30-7:30 pm
NDFW Campus

We're inviting all alumnae and family members to join us for the first **Alumnae & Family Intensive Weekend** on Campus, **September 14th-16th** for a recovery tune-up. Join us in participating in clinical services and fellowship.

For more information on any of these events, call Tania at (949) 313-1192 ext. 300

ONGOING EVENTS

Weekly Alumnae 12 Step Meeting
Every Thursday from 6-7 pm at Founders House. Childcare offered.

Monthly Alumnae Dinner & Speaker Meeting
4th Thursday of the month from 5-7 pm at Founders House. Childcare offered.

Mindfulness Mondays
Refuge Recovery @ 7:15 pm
3001 Red Hill Ave., B4
Ste. 109, Costa Mesa, CA 92626

Al-Anon Meeting
Every Wednesday from 11:30 am-1 pm
3001 Red Hill Ave., B4
Ste. 109, Costa Mesa, CA 92626

Refuge Recovery Meeting
Every Friday from 1-2 pm
3001 Red Hill Ave., B4
Ste. 109, Costa Mesa, CA 92626

Circle of Life Tour
Please reach out to Tania Bhattacharyya to schedule a tour at (949) 313-1192 ext. 300 or tania@newdirectionsforwomen.org



NEW DIRECTIONS FOR WOMEN

2607 Willo Lane
Costa Mesa, CA 92627

Non-Profit Org.
U.S. Postage
PAID
Permit # 4186
Santa Ana, CA



Share your positive experience with us by writing a review at:
reviews.newdirectionsforwomen.org

Stuffed Mushrooms



ingredients:

- 1 tablespoon of olive oil
- 1 14 oz package of fresh medium button or baby portabella mushrooms (clean by rubbing with a damp cloth, do not rinse under water)
- ¼ cup of diced onions
- 1 tablespoon of minced shallots
- 2 cloves of garlic (minced)
- 2 cups of baby spinach (torn into pieces)
- 1/3 cup of panko bread crumbs
- 1 tablespoon of minced roasted peppers
- ¼ cup of parmesan cheese (optional)

directions:

- Preheat oven to 350 degrees.
- Remove stems from mushrooms and dice.
- In a medium skillet, add oil and heat to medium/low. Sauté spinach, onions, shallots, mushroom stems until spinach is wilted and mushroom stems are tender. Add garlic and roasted peppers, and continue to sauté. Remove from heat, and add bread crumbs and ½ of the parmesan cheese. Stir all to combine.
- Stuff mushrooms with mixture, place on a cookie sheet, and sprinkle with remaining parmesan. Heat in oven until cheese is melted (about 15 minutes).

Mushrooms will be very hot when they come out of the oven, so cool for a few minutes before serving. This appetizer is delicious served warm and cold. The mushrooms will release liquid while cooking. When cooling, remove mushrooms from cookie sheet/or drain liquid before serving.



Michelle Moleski

Michelle Moleski is our East Coast Outreach Representative. She's the go-to gal for connecting alumnae to resources, support groups, and sponsors on the East Coast. She plays an integral role at New Directions for Women as she is our main voice and face on that side of the country.

On a personal note, as a lover of mushrooms and get-togethers, Michelle is sharing with you all her go-to "Stuffed Mushrooms" appetizer. This dish is perfect for sharing, entertaining, and for healthy snacking! Enjoy the deliciousness!