

# The Butterfly Bulletin

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

## Reflections on Last Year



Mayor Foley & Sue Bright

As we continue to wrap our arms around the ladies who entrust their care to us, we send love and light to those who still suffer from the devastating effects of addiction nationwide. We have always been committed to breaking down barriers to care. This year, we're initiating new insurance contracts to help more families access our services and continuing our Wellbriety Certification to work with the Native American population. We've also focused on building relationships with those who create positive change in our community, such as Costa Mesa Mayor Katrina Foley and other legislators.

Most importantly, we continue the legacy of our Founders who believed in giving women an opportunity to recover with dignity and grace — something we ethically continue to do after 42 years. Many families looking for addiction treatment rely on Google and other online networks to find services. This year, we underwent a vetting process to become LegitScript certified, earning the privilege of advertising online as a treatment center. In addition, we are participating in a pilot program through the Addiction Society of Addiction Medicine (ASAM)'s Level of Care Certification (delivered in partnership with CARF International) to ensure our delivery of evidence-based services.

Overall, we continue to be fully committed to accreditation, licensure, and transparency. Inside this Annual Report, you'll have access to our Outcomes Measurements and Financials. I'm always open to any questions or suggestions that will strengthen our organization to help more women and families, and I encourage you to follow us on Facebook ([facebook.com/NDFW1977](https://facebook.com/NDFW1977)) to stay in the loop!

— Sue Bright, Executive Director

Our angel Faith Strong loved this quote from Goethe, "At the moment of commitment, the entire universe conspires to assist you." This came true for Pamela Wilder and our founding mothers in the Junior League of Orange County when they asked the community to commit their resources to birth New Directions for Women.

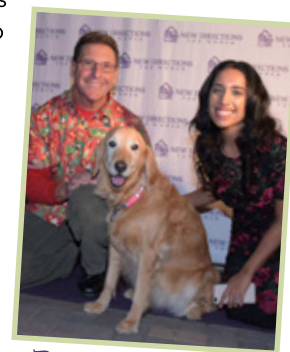
Today, we still transform lives only because of the support of our community. It is proven that the longer someone stays in treatment, the better the likelihood for sustained sobriety over a lifetime. The NDFW Foundation works with individuals, foundations, and corporations to grow the Pamela Wilder Scholarship Fund as well as our endowment fund through legacy giving. 90% of the women and families we serve receive a partial scholarship, allowing them to stay in treatment for the clinically recommended length of time. In 2018, 210 women made a commitment to their recovery and entered our doors. 15 children joined their moms here at NDFW, and 8 babies were born to women receiving services.

Inside this Annual Report, you'll hear more about Faith's legacy and learn about others who receive and benefit from gifts of time, talent, and treasure. Join us in celebrating their impact — which funnels down into generations from now — and consider getting further involved in any way you feel good about!

— Tania Bhattacharyya, Foundation Executive Director



Faith Strong & Tania



Tania with volunteers David H. & Lola, NDFW therapy dog



Circle of Life Breakfast 2019



## Clinical Review and New Happenings

*Gina Tabrizy, MS, LMFT talks about new clinical therapies, trauma specific care, and campus life.*

What we call “addiction” is a response to comfort-seeking in response to adversities experienced throughout life. One of our solutions to healing addiction is addressing our patients’ Adverse

Childhood Experiences (ACEs) and helping them to find new ways of living beyond trauma. People with ACEs are up to four times more likely to use drugs compared to people who have zero ACEs. Some examples of ACEs are physical abuse, an incarcerated family member, neglect, or living with an alcoholic.

Providing a healing environment of care creates the safe space



to treat patients with trauma. We have meditation gardens, butterfly sanctuaries, and fountains around campus so women can seek tranquility and balance. Every staff member understands the sensitivities of working with patients who are highly reactive due to trauma. Having an all-female campus also minimizes triggers that could show up in co-ed facilities and provides space for women to uncover their wounds and begin to heal them.

We focus on inner child work: identifying the child within who experienced the trauma, and building a relationship so whenever the symptoms re-occur, each woman has a way to self-parent and self-soothe around that trauma. Psychodrama allows them to directly confront and role play the traumatic events in a safe group container where they will receive support while they walk through the timeline of their traumatic experience to come to a resolution. Recovery from trauma is about adaptive processing, learning to do something differently than the behavior learned when the trauma originally occurred. For example, “when I was a child I couldn’t say ‘No,’ or walk out of the room and now I can”. We’re teaching each woman how to use her voice to stand up for herself and her inner child, and let go of the shame and pain associated with original traumatic events.

A woman’s day at NDFW is split up with heavy processing in the morning, including trauma recovery groups. In the afternoon, we move into physical and spiritual healing. Exercise is a way to release all the somatic experience they’ve had. This year we brought on Jamie as an Activities Coordinator specifically to increase opportunities for women to feel empowered in their own skin by being in nature daily. Ropes course, kayaking, paddle boarding, and indoor rock climbing are physically and mentally

challenging which teaches patients to remain in the moment to face any fears that are holding them back. Equine therapy, trauma informed yoga, Pilates, and strength training allow women to trust others and begin to think of their bodies as healthy and helpful. All the while we provide calm environments for holistic services, including our biosound lounge, acupuncture, and mindfulness meditation, which help to build internal comfort in that quiet time we’re not processing trauma. In the evening, we participate in 12 step support, experience different places of faith, and complete the day with a gratitude closure group around the firepit where we can celebrate our wins for the day. All of this allows our women to connect mind, body, and spirit for a well rounded recovery.

Our clinical motto is “Love, Kindness, and Compassion in All Things” which is evidenced by how our staff interact with each other as well as the patients. We strive to be role models and reflect love even on our hardest days, so they know it’s possible for them too. Every day when I step onto the campus, I truly feel a loving spirit guide our work. I invite you to come and take a tour to feel this in action!

*– Gina Tabrizy, MS, LMFT, Chief Clinical Officer*



# 2018 Outcomes

New Directions for Women was fortunate to be able to participate in the NAATP (National Association of Treatment Providers) Outcomes Pilot Program (OPP). This is a multi-site study designed to measure long-term outcomes for patients who received inpatient substance use disorder services. This program aimed to measure the efficacy of addiction treatment using comprehensive national data. It tracked patient outcomes from multiple residential and outpatient addiction treatment programs to provide unique cross-program comparison, compilation, and analysis.

NDFW gathered the survey information, and OMNI institute, an independent and impartial organization, analyzed all data. After a participation period of more than a year, we were happy to see very positive outcomes! Two very important results were worth highlighting:

- 1) Of all the individuals surveyed, we were able to maintain consistent contact with 60% of all participants at one year post discharge.
- 2) Of those 60%, 76% reported complete abstinence one year post discharge!

## IN ADDITION, WE INDEPENDENTLY COLLECTED THE FOLLOWING DATA:

### FAMILY GROUP SESSION: # OF RESPONDENTS 393

- 89.6% of respondents felt the family group session was very good or excellent.
- 87.20% of respondents Agreed or Strongly Agreed that the topic of this session helped them understand addictive disease better.
- 94.4% Agreed or Strongly Agreed that the topic was informative and clearly presented.

### PATIENT SATISFACTION: # OF RESPONDENTS 58

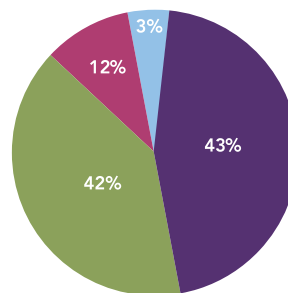
- Majority of all patients reported being "Very Satisfied" with treatment services at New Directions.
- 78.13% agreed or Strongly Agreed that NDFW helped them understand addictive disease better.
- 84.38% state they have a better understanding of the negative consequences of their addiction.

## – FINANCIAL POSITION –

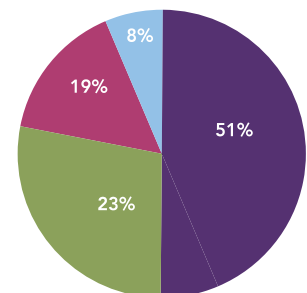
CONSOLIDATED ASSETS	
<b>OPERATIONS</b>	
Cash & Savings	\$231,917
All Other Assets	\$4,598,751
<b>FOUNDATION</b>	
Cash & Savings	\$1,020,310
All Other Assets	\$1,435,726
<b>TOTAL CONSOLIDATED ASSETS</b>	<b>\$7,286,704</b>
LIABILITIES & NET ASSETS	
<b>OPERATIONS</b>	
Current Liabilities	\$421,312
Long Term Liabilities	\$142,756
Net Assets	\$4,266,600
<b>FOUNDATION</b>	
Current Liabilities	\$(457,164)
Net Assets	\$2,913,200
<b>TOTAL CONSOLIDATED LIABILITIES &amp; NET ASSETS</b>	<b>\$7,286,704</b>

[These are unaudited financial statements.]

## FISCAL YEAR 2018-2019 (APRIL 1, 2018 – MARCH 31, 2019)



- Patient Days - Insurance
- Patient Days - Private Pay
- Foundation Contributions
- Other (Sober Living Rent, Childcare, Testing, Interest, Deductibles + Co-pays)



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

## Faith Strong's Legacy of Love and Service



Faith Fayman Strong  
July 21, 1922 - February 10, 2019

Faith Strong completely lived up to her name. She was an author, philanthropist, recovery advocate, and a steadfast angel to New Directions. Faith spent most of her life conducting retreats, workshops, and seminars that focused on "transformational and spiritual growth." She believed in giving in all sorts of ways: giving in the way we listen to people, forgiving others, and helping others with a problem. She believed all of us could be teachers and all of us could be learners. Faith has been a teacher to

us since 1977 when she signed our incorporation paperwork as the Secretary of our first Board of Directors. Faith gave our women hope by running groups on her books "Distractions That Keep Us from Being Who We Are and Doing What We Really Want to Do" (1997) and "The Glories of Sobriety" (2010) which she wrote specifically for New Directions for Women to help our women conceptualize what the miracle of recovery looks like.

In the last few years while she couldn't walk in and lead a group anymore, she continued to stay committed and vigilant about creating her vision of a sober world. She gifted Roberto Martinez's landscaping to the NDFW campus, creating butterfly gardens and gorgeous healing spaces for women and children to draw energy from, day in and day out, to set them up on a

journey of recovery. The butterfly is a symbol of recovery and has always been the logo of New Directions for Women. By gifting NDFW with butterfly gardens throughout the campus, she gave the patients a tangible reminder that the difficult chrysalis they're going through will result in the beauty of a butterfly — a completely transformed life. This gift is one that continuously gives to our women and to our staff because every day, we watch butterflies flying across campus and smile, remembering Faith's love and commitment.

As we reflect on her life, we are extraordinarily thankful for how she generously impacted our lives. Faith has moved on to her spiritual home, but as we remember her life we think of the joy and strength that she brought to us, and how her commitment to giving will live on forever with us here at New Directions.

"Contributing" and "investing" were not synonymous in Faith's view. Anyone can simply mail in a donation check. Faith didn't just donate, she invested and became a partner in our mission to transform lives. She always encouraged others to stretch themselves in their giving as well. "I know I am blessed to be able to give, but everyone can," Faith would say. It isn't about the amount that you commit; it's about making a "no matter what" commitment. Faith left a legacy gift to continue the work of New Directions for Women. Her commitment will grow our endowment to create additional partial scholarships for women and families throughout the next four decades.



**Making a "no matter what" commitment, like Faith's, has a life changing impact on women's lives. Our New Directions community grew to 75 volunteers and over 300 donors this year, who raised \$780,154.94 to transform the lives of women and their families suffering from substance use disorder. See how these volunteers, donors, and three alumnae were directly impacted by the gift of transformation this year. ➔**

### Philanthropic Investors (\$10,000+ donors)

Anonymous Foundation of the  
Orange County Community Foundation  
Rebecca J. Flood  
Carole Pickup  
Ceres Foundation  
Chamade Foundation  
Devon and Kevin Martin  
Faith Strong

Jeanette Boras  
Kahana & Feld LLP  
Make Sense Foundation  
Shady Canyon Charitable Foundation  
Slave 2 Nothing Foundation  
Sue Bright  
Todd and Natalie Pickup



**To make your "no matter what" commitment, see the full list of Philanthropic Investors, as well as the full stories from the next page, visit: [www.newdirectionsforwomen.org/foundation-corner](http://www.newdirectionsforwomen.org/foundation-corner)**

## Donations of Time in the Daycare

"Helping children grow is one of the most rewarding ways to change a community. Our daycare is a place of healing for our children just as much as our therapy rooms are for the women. Our amazing daycare volunteers, Peggy, Jenny, and Breanna spend their time transforming little lives. Even after one week they become more talkative, more creative, and more willing to share a smile or hug. You see them literally become filled with the feeling of being safe and loved. The hardest part though is having them in your life for only a short amount of time." - *Peggy*



Breanna & Jenny



Kaitlin U.

"I am a mother of four and during my other treatment experiences, I was distracted and distraught at not being with my babies, and I couldn't focus on my recovery. But at New Directions, I spent my mornings bonding with Charlie in Faith House, I'd then drop her off with Miss Jeanie and volunteer Peggy in the daycare, right next door. It was so nice knowing that my baby was safe and taken care of. I could visit in between groups and breastfeed, then go back and do the hard work of recovery. I was focused and driven for myself and my family. Now that I have moved back home, I know firsthand how hard it can be to go to meetings with four kids, but there is one meeting I can always count on, the Alumnae Meeting. The kids love going and playing with the volunteers and I get the support I need from my alumnae family." - *Kaitlin U.*

## Donation of Talent to Women

Volunteers from Senegen International and Advance Beauty College facilitated a Beauty Day for our patients. These talented volunteers gifted makeovers, haircuts, and blow-outs to all our patients. As our women work to heal psychologically, physically, and spiritually, their inner beauty begins to glow. However, the damage of addiction can take a toll on the physical body, and when women start healing, sometimes the woman they see in the mirror doesn't reflect that inner rejuvenation. At this key transition point, being able to have an opportunity to transform their visual identity to match the work they are doing and the beauty they are finding on the inside can have a life changing impact. The volunteers were able to use their everyday talents to change women's lives. For Christina L., the Beauty Day was exactly what she needed to visualize her physical, emotional, and spiritual transformation.



Senegen International Volunteers

"I felt so honored to be taken care of with a makeover. What a great experience to enjoy the gifts of sobriety and to be treated with love. Much gratitude to the companies and skilled staff who gave their time, as well as the lovely staff of NDFW who always serve women in recovery. Together, you make us feel like we have truly transformed into the butterflies we were destined to be." - *Christina L.*



Christina L.



Carla B.

## Donation of Treasure to the Scholarship Fund

"My grandmother taught me to leave a place better than I found it, and my intention in life has always been to live by grandmother's words and bring joy while doing it. So whatever role I need to fill to bring joy to others I will do. Whether it's sharing time and gifts with the patients, donating furniture and clothing to the facility, or writing that check that will change their life, I want to do whatever I can to help human beings who are struggling get to the other side. I know the patients at NDFW start to believe they are worth it after they get a partial scholarship, because someone believed in them enough to help them change their life." - *Carla B.*

"At New Directions I was learning every day; I was learning about my disease about how to heal my past traumas that I had experienced. I learned about acupuncture and meditation which really helped me. Learning self-care and self-love transformed how I looked at motherhood. My insurance only covered 21 days of treatment, but with a partial scholarship I was able to complete a full stay, including time in the Intensive Sober Living. At 21 days I was still trying to heal and learn. I wasn't ready to be me, or a loving mother. Without the support of my scholarship I don't know if I would have been able to take my one-year chip on June 7th, go back to Saddleback College in the fall, or be able to work with my Mom and the courts to re-gain custody of my daughter." - *Elle F.*



Elle F.

## Board of Directors

Ann Premazon  
President & Chairperson

Doug Kerr  
Vice Chairperson

Jerry Johnson  
Treasurer

Gianna Drake-Kerrison  
Secretary

Sue Bright  
Dan Carracino  
Rev. Dr. Charles Dorsey  
Rebecca J. Flood  
Daniel Headrick, MD  
Jerry Johnson  
Amir M. Kahana, Esq.  
Jim Keating  
Douglas B. Kerr, Esq.  
Devon Martin  
Karen Stockman  
Allison Wilder  
Don Wilson

## Foundation Board of Directors

Dan Carracino  
President & Chairperson

Barbara Wiggs-Nelson  
Secretary

Amir M. Kahana, Esq.  
Treasurer

Tania Bhattacharyya  
Rebecca J. Flood  
Carole Pickup

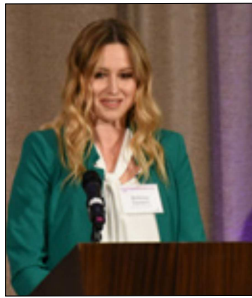
## Ensuring the highest quality treatment



NATIONAL ASSOCIATION  
OF  
ADDICTION TREATMENT PROVIDERS

## SUCCESS STORIES

As shared at the Circle of Life Breakfast 2019



### Brittany D.

During this time, I had also become pregnant. I no longer had insurance through my parents. My Mom and Dad were working their own program through Al-Anon and had boundaries.

Alone and unsure of what to do, I reached out to a woman I knew from my time at New Directions for Women, Emili B. It turned out she was working there as the alumnae coordinator. NDFW Foundation gave me a substantial scholarship so that I could medically detox there. The next few weeks were the hardest as I made the biggest decision of my life, whether to keep my baby. I was terrified. Shannon, Victoria, and other staff at New Directions for Women wrapped their arms around me and gave me the strength to make my own decision. They said, it's OK to do what YOU think is best. I'll never forget that. Being in that supportive space gave me the greatest blessing, my son Jackson.

It has been two and a half years and to this day, I am still friends with the women who supported me and the staff that empowered me. At New Directions I learned how to work a program and be of service. I just celebrated my son's second birthday, Cookie Monster themed and all. I am a loving sober mom to my beautiful baby. I am a woman who knows her worth and who works every day to help other women do the same as the Alumnae Coordinator at New Directions.

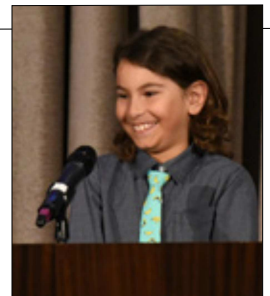
We weren't poor, but we didn't have a lot of money. We weren't homeless, but we slept in hotels a lot. Days were not that fun. We were always doing Mom's stuff. I didn't have any play dates, didn't have any toys, and didn't have any friends. Eventually I stopped going to school.

I was scared to come to New Directions to live, but when I arrived, thought, "This kind of looks fun." There was space to play and run while Mom does stuff. There was a full house of kids I could play with, and it felt like I was safe. I would go on pass with my mom. It was fun to go out, I would play, and Mom was able to sit and relax. It was mom and son time. Seeing her so happy and stable made me feel good and happy too! I no longer had to ask, 'Mama, are you ok?' because I knew she was ok. The people we met at New Directions aren't blood family, but they are family, and they love me. It was fun to have sober friends for mom and for me. Life totally changed for us.

Now, my little sister Mina is here with us and I get to take care of her. I watched when she was being born ... I almost dropped my iPad. It's fun to be a big brother. Mom can trust me with her, and I'm going to tell her stories about me and Mom. I'm going to tell her how lucky she is. But I'm lucky too because my mom and I have a special bond. We went through something tough and now we are strong and enjoy life together.

I know that without a partial scholarship, we would not have been able to stay and get better together. A mother and child getting split up is probably the worst thing that can happen. It's worse than even death. Other friends of my mom were able to come here because of a partial scholarship, too.

On Thursday nights I come and volunteer in the daycare with volunteer Jenny while my mom goes to her meeting. To me, family recovery means everything. If it wasn't for recovery, I would still be in hotels. I would have really small birthday parties with, like, one present. Now I get a party at Dave and Busters with all my friends and family."



### Miles W.

# ALUMNAE CORNER

*Our alumnae make a difference in the community by advocating for recovery and being a living example. They are breaking the stigma surrounding addiction and mental health by using their influence and platforms to educate. We're highlighting two alumnae that are providing hope:*

## SOPHIE P.

The support of New Directions for Women, along with the personal work I have done has enabled me to become the very best version of myself. I was taught and empowered at NDFW to be proud of who I am and to stand in my own truth! I come back to celebrate my anniversary every year to give other women hope, and to also regain the courage and strength from my "home."



My recovery allowed me to graduate from USC, where I've continued to work as The Haven at College's National Director of University Relations. The Haven at College was created for college-age students struggling with substance use and co-occurring disorders. I've been given a platform on college campuses to educate and inform university administrators and peers about addiction and recovery. Most people would never think a young person could be struggling with addiction in high school and/or college because we are "too young," "we haven't hit bottom yet," "we're just experimenting," "we'll age out when we graduate," or "we haven't lost anything" — all things that I used to tell myself to justify my addiction, but this is as a result of lack of education and awareness. There is also so much stigma associated not only with addiction, but recovery too.

I now have the privilege of working alongside university administrators across the country in supporting students who are struggling with addiction, supporting culture change, disrupting the stigma of addiction and at-risk substance use, and providing the universities with a solution! Young people should not have to choose between their recovery and their education — they should be able to have both.

I choose to share my story openly with others in hopes that young people understand that it is okay to ask questions about their substance use, it is okay to ask for help, and that being in recovery is not a death sentence. I hope to give young people hope and the courage to find help if they need it. It was important for me to know that there were other people on my college campus, a whole community of students who were in recovery and whose lives had become better as a result of them being sober.

## DARLENE Q.

With my life's platform, I took my experience, strength, and hope that I learned at New Directions to a new level. On November 11, 2018, just around my recovery anniversary, I celebrated life one more time on the stage of the Classic International Woman Pageant. I stood on that stage with my journey behind me, and new possibilities ahead of me. I put myself out there to give my platform a bigger voice. I proudly said, this is who I am! I am an addict with a missionary's heart! I desire to be a huge voice in my



community and to be of service to those who still suffer. Many people also see a pageant girl in stigma's eyes. In many circles it is seen as a superficial presentation of one's self. Society is here again misunderstanding the reality. Pageantry is more about us as women having inner beauty! Having the beauty that shines from the inside, not the outside. I learned through this new experience that pageant girls are intelligent, driven, goal setting, outspoken women who have a wish to be a stronger voice for those who cannot speak for themselves. We are a sisterhood of charitable women who care very much for societies ills. We have hope for a better future for all, and we hope to promote our causes in a larger platform.

Since my crowning and title received of Classic International Woman 2018, I have made many personal appearances and social engagement presentations where I stood up for women in recovery and women with addiction. I have been a positive voice for change in society. For the hope and resolve that is drastically needed.

I am the face of addiction! I am the face of a new hope for all women who suffer. I am the face of a tragic life turned around. I am the face that any woman can become the woman she was always meant to be. I am the face of going beyond that, and becoming a huge voice in my community! I am Darlene Quinn, and I am the face of Classic International Woman, the woman that any addicted person with my journey can become!

# SAVE THE DATE

**WEDNESDAY, SEPTEMBER 11**

**Community Open House & Shower of Love**  
4 to 7 p.m., NDFW Campus

**TUESDAY, OCTOBER 9**

**Volunteer Appreciation Dinner**  
NDFW Campus

**SATURDAY, OCTOBER 19**

**Alumnae Recharge**  
NDFW Campus

**THURSDAY, DECEMBER 12, 2019**

**Holiday Party**  
6 to 8 p.m., NDFW Campus

# COMMUNITY SUPPORT

**MONDAYS**

**Refuge Recovery Meeting**

11:30 a.m. to 1 p.m.  
NDFW—Rear/Truck Lane Entrance  
3001 Red Hill Ave. Building 4 Suite 108  
Costa Mesa, CA 92626

**WEDNESDAYS**

**Weekly AI-Anon Meeting**

11:30 a.m. to 1 p.m.  
NDFW—Front/Main Entrance  
3001 Red Hill Ave. Building 4 Suite 108  
Costa Mesa, CA 92626

**WEDNESDAYS**

**Women's SLAA Meeting**

7 to 8:30 p.m.  
NDFW—Rear/Truck Lane Entrance  
3001 Red Hill Ave. Building 4 Suite 108  
Costa Mesa, CA 92626

**THURSDAYS**

**Women's AA Meeting w/ Child Care**

6 to 7 p.m.  
NDFW Campus, Founders House

**SATURDAYS**

**Refuge Recovery Meeting**

11 a.m. to 12 p.m. and 12 to 1 p.m.  
NDFW—Rear/Truck Lane Entrance  
3001 Red Hill Ave. Building 4 Suite 108  
Costa Mesa, CA 92626

**SUNDAYS**

**Women's SLAA Meeting**

7 to 8:30 p.m.  
3001 Red Hill Ave., B4  
Ste. 109, Costa Mesa, CA 92626

# Alumnae Dinner Chicken Fajitas



## *Chef Fatima and Marisa*

*The dinner table brings a community together. Here at New Directions for Women, we open our table up on Thursday nights for alumnae to share dinner with us before the Open AA Meeting. Sometimes, up to 70 alumnae partake in our Thursday night fellowship and they can bring their*

*children with them! With so many plates to make, our dear volunteer Marisa joins in to help Chef Fatima. “I love being able to make a meal that is healthy and yummy for the women and children. It’s so important being able to help.” This is Chef Fatima and Marisa’s favorite meal to make, Chicken Fajitas.*

## *Ingredients*

(4-6 servings)  
4 chicken breasts

For the marinade:

- 1/2 c. plus 1 tbsp. olive oil
- 1/4 c. lime juice
- 2 tsp. cumin
- 1/2 tsp. crushed red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 3 bell peppers, thinly sliced
- 1 large onion, thinly sliced

Optional Toppings:

Sour cream  
Cheese  
Cilantro  
Limes  
Tortillas  
Avocado



## *Directions*

1. Whisk together 1/2 cup oil, lime juice, cumin, and red pepper flakes, salt, and pepper. Add chicken to bowl and toss to coat. Let marinate in the fridge at least 30 minutes.
2. Heat oil in a large skillet over medium heat. Cook chicken until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then slice into strips.
3. Add bell peppers and onion to skillet and cook until soft, 5 minutes. Add chicken and toss until combined and serve.