

# **Heathers Haven**

## **A Story of Tragedy to Triumph**

4/22/2004

By, Max B. Frederick

Heathers Haven is a place where women recovering from addiction can go and get their lives in order. It has been serving women of southern Oregon for over ten years. About five hundred women have lived there, working towards becoming productive citizens of their community. Heathers Haven is the story of one woman, Betty Frederick, who changed tragedy to triumph.

Here is Betty's story:

“On the Ninth of February 1988, a car driven by a drunk driver crashed head-on into the car I was driving. My fifteen-month-old granddaughter, Heather was killed. After the accident I spent ten days in the hospital then six months in a wheel chair, then crutches. But I was still heartsick. Emotionally I needed healing. I thought that if I could prevent that tragedy from happening to just one family, my life would have been well spent.”

“That tragedy changed our life as a family, and has transformed around five hundred women.”

“I found healing by opening Heathers Haven, a clean and sober house in Medford where women could come to recover from addiction.”

In late 1993, after five years of soul searching, Betty found her purpose in life. Betty and her husband Max started the first clean and sober housing for women in the state of Oregon

In a two story, 1910 era, bungalow style house in West Medford, women live while they work on recovery. Women are required to work a twelve-step program and attend a church of their choice. Betty has learned that recovery only comes when God transforms. Respect, Responsibility, and rules help to balance life. God's seeds are planted and with watering of love and patience, lives change. Betty says, “I believe after ten years of existence that my job is to encourage a wholesome lifestyle. Christian training is important but only God can change their heart. There needs to be a right mix. Some are not ready and continue to be destructive and are asked to leave. Many return to Heathers Haven and try again. Many find that trying again and again finally brings success.”

Love and Patience are two of the keys to success at Heathers Haven. Betty cares for each of the women. When one uses any drug or alcohol, she must leave Heathers Haven. When she again has thirty days clean time, she may return to Heathers Haven. Betty does not give up. Many success stories include being kicked out of Heathers Haven two or three times. Then returning once again to go on to success.

Over the years Betty has seen women come in with their head in such a fog that they could not even figure out how to make their own bed. Later she has seen those women earn degrees, become valuable employees, become self-sufficient and able to support others. Women who have gone through Heathers Haven become active members of their church and community.

Heathers Haven is a non-profit charitable organization. It is a place where women without children can live in peace and serenity while working to get their lives in order. Women who have lost their children work to get their lives together and to get their children back.

To get into Heathers Haven, a woman must first have thirty days of sobriety. A woman may achieve thirty days of clean time in various ways. Some do it on their own. Others do it through a thirty-day treatment program at one of the many facilities that offer that service. Still others achieve thirty days clean time in jail or prison. After thirty days, instead of returning to their old life style, women may start a new life by going to Heathers Haven. Each woman signs a contract when coming to Heathers Haven and begins the process of recovery. They stay there as long as it takes. Typical recovery rates for thirty day programs without follow-up is only a very few out of a hundred. Success rate for any thirty days plus Heathers Haven is around one in three.

For more information call Betty Frederick at 541-664-3591.