

The Season of Giving...*is year-round!*

As the holidays approach, many of us take time to reflect on our relationships and on our common bonds of humanity. We often feel moved to give of ourselves to others.

But so many people involved with Pathways devote their time, effort, and resources to others **every single day**. One of those people is **Karl McMillen**. In addition to being a primary benefactor of Pathways to Independence, Karl's McMillen Family Foundation has donated **over \$15 million** to charities throughout Southern California.

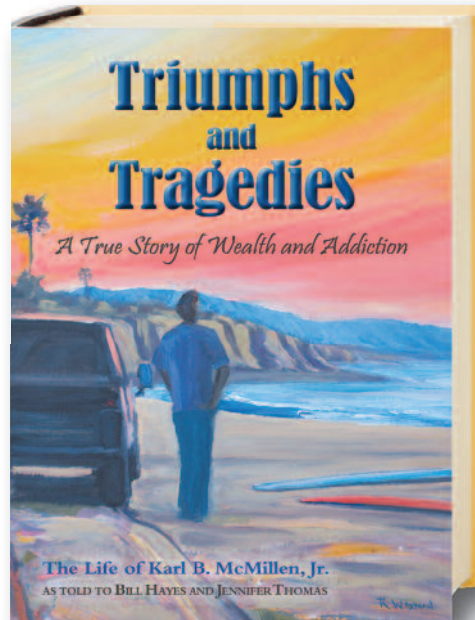
And Karl keeps finding ways to do more.

Karl's latest endeavour is to help educate people about the perils of addiction by sharing his own tumultuous experience. In his book ***Triumphs and Tragedies: A True Story of Wealth and Addiction***, Karl lays bare the destructive forces that tore apart his family, including his own drinking and his unfortunate enabling of his two sons' drug addictions.

All proceeds from ***Triumphs and Tragedies*** benefit the McMillen Family Foundation.

Triumphs and Tragedies is NEWLY AVAILABLE on **ButterflyTears.net**

Creating Triumph from Tragedy: The gripping story of how Karl McMillen **lost his entire family** to addiction...but continues his fight by helping others.



Pathways to Independence
P.O. Box 43
Los Alamitos, CA 90720

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Pathways to Independence

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562.493.9048

www.pathwaystoindependence.org

Through your donations to Pathways, our clients learn independence, and futures are changed for the better. Thank you for your consideration in contributing to Pathways.

Since its inception in 1991, over 300 young women have participated in the Pathways to Independence program. Pathways is appreciative of its personal, corporate and service organization sponsors, as well as the health care providers who donate their services without charge to improve the quality of life of Pathways clients.

For more information about Pathways to Independence, please call 562.493.9048

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Thank you so much for your support!!!

**Pathways**
TO INDEPENDENCE™

Education, Healthcare, Therapy and
Mentoring for Young Women in Need

Autumn 2014

Pathways to Independence British Invasion Fundraiser a HUGE Success!

All of us here at Pathways to Independence want to thank you, our generous supporters for helping us raise a record-breaking amount at the British Invasion in the Park! All of our planning and hard work resulted in the best ever Pathways fundraiser - with the net total over **\$500,000!**

We have an inspired group of volunteers, everyone from Friends of Pathways fundraisers to service professionals, medical providers and mentors who donate countless hours and resources to our clients. All tolled, there are over 300 volunteer service providers, 17 board members, and 70 Friends of Pathways members! We all have a common goal, to stand together in the fight

against abuse and neglect and to change lives through education in our local community.



over 50 young women on our waiting list. We have



the infrastructure of volunteers; our only constraint is money.

The yearly cost for one client to go through the program is approximately \$20,000, for books, tuition, transportation, rent, medical, dental and other living expenses. Currently, there are 48 women in the program with an operating budget of just under a \$1,000,000. With the success of our event, we are confident we will reach our goal of having 50 clients enrolled in Pathways at once!

We would like to thank our presenting sponsor, Farmers and Merchants Bank for embracing our mission and for their ongoing generosity in supporting us.

And, the party itself was a blast! Guests tasted food from the area's finest restaurants, and danced to the sounds of the Beatles tribute band Paperback Writer. They mingled, partied and bid on fabulous gift baskets, trips, jewelry and services in the silent and live auctions. Our lucky winners of the Opportunity Drawing are:



Continued on page 3

Holiday eBook Promotion

Purchase ***Triumphs and Tragedies***, First Edition SIGNED Hardcover,
and receive a **FREE eBook** of

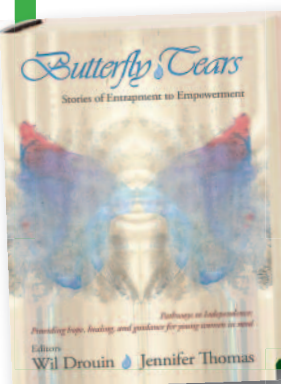
Butterfly Tears: Stories of Entrapment to Empowerment

OR

Purchase ***Butterfly Tears*** or ***Lessons from Sarah the Cat***
to receive a **FREE eBook of *Triumphs and Tragedies*!**

Offer good through the end of the year.

Purchase must be made at www.ButterflyTears.net.



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BRITISH INVASION

in the park

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British Invasion - Continued from page 1



First prize - Elizabeth Jones - a \$3,250 gift certificate for the Four Seasons Biltmore Hotel in Santa Barbara! Second prize - Cassie Hause--\$1,000 in cash! Third prize - Marcia McMullen-two nights at the London West Hollywood Hotel and a \$250 gift certificate for the Pantages Theater!

Thanks again to all, guests, donors, underwriters, auction participants and sponsors who contributed their money, and services to Pathways. Thanks especially to all of the Friends of Pathways for their time, energy, expertise and enthusiasm for the British Invasion event, our best fundraiser ever!



Where are they now?

We truly appreciate the wonderful group of clients who we have been privileged to have worked together with these past 22 years. They have worked hard, confronted their pasts, transformed their lives and become women of purpose. We are proud of all of our clients, their accomplishments and their desire and ability to pay it all forward. Read about one of our graduates and where she is now...

When a person does “a 180,” she or he has a made a true turn-around. But when the circle is complete at 360°, the person goes home again--in a better way. A young Orange County woman made a complete 360—she has transformed her life, and she has helped those who helped her.

Kaysie (not her real name) looked to the stars as an escape as early as five years old. That's when her father began molesting her. “What beauty and wonder lie within the stars—to me, they were my safe haven, my saving grace. I was a little blond-haired, blue-eyes girl who escaped to the stars,” she said. But Kaysie found no escape from the abuse through her star-gazing or youthful writings in her dairy. At ten, she developed an eating disorder. At twelve, she began to abuse drugs and alcohol.

Detox, rehab, and interventions did little to diminish Kaysie's deep anguish over the years. “That's the problem, you see. It's that I'll put myself together perfectly—the hair, the makeup, the clothes—and act with such precise etiquette and manners due to my upbringing that no one even suspects I'm screaming bloody murder on the inside,” she wrote about her experience. But there was a breaking point after years of horror. One night, Kaysie was “so strung out” that she checked herself into the emergency room. For whatever reason, Kaysie opened up to the ER doctor. “I can't explain it; it just came. I started talking and I couldn't stop. I started to cry. I realized how long it had been since I'd cried...let alone told my story...I told the doctor about my dad...and about not having anywhere to go.”

The doctor allowed Kaysie to stay overnight at the ER. Nurses gave her the first food she had eaten in days. The doctor asked Kaysie to call him the next day. The young woman was hesitant; she wondered what he wanted. When she finally called, she learned that the doctor's sister is a major fundraiser for Pathways to Independence, an Orange-County-based non-profit organization. “He said that if I was serious about turning my life around and had the desire to go to school, he could get me an interview.” Pathways founder, Dave Bishop, accepted Kaysie into Pathways. Kaysie said, “I can honestly say that he, along with the ER doctor, saved my life.”

Pathways began in 1991 with Bishop, a Los Alamitos Unified high school administrator, and one graduate who had no outside support. Dave and his former wife housed the young woman and charged her minimal rent, but they asked in return that she work part-time and attend school full-time. As that young woman became independent after completing her education, others asked to be helped. Today, Pathways has served more than 300 young women. Many of the women have suffered severe abuse, neglect, depression, and addiction. Bishop said, “The abuse of girls and women right here where we live is extraordinary.”

Pathways still keeps the basic guidelines set years ago. All Pathways clients go to school full-time and work part-time. Because of the tireless effort of a fundraising

group, Friends of Pathways, and hundreds of donors, clients receive housing stipends and financial help for education and other needs. Each client has a mentor and a therapist with whom she meets at least once a week. All the young women in the program receive services from many local professionals. Pathways' list of volunteer providers includes over 300 with 26 dentists, 40 doctors, 4 orthodontists, 38 therapists, 2 oral surgeons, 3 attorneys, 40 mentors, etc. They presently serve 45 clients. Kaysie wrote, “I was overwhelmed by all that Pathways gave me, and it took me a long time to realize that they truly did not want anything in return other than for me to succeed. I stumbled upon Pathways at a time when I had completely given up not only on myself, but on other people. I honestly did not know there were still good people and goodness in the world.”

With Kaysie's endurance and Pathways' help, “little by little, I began to come alive...It was only when I was able to see how truly broken I was—how much I had lost, how much I had endured, how much I had self-inflicted—that I was able to put some of the pieces back together,” Kaysie said. After years of college classes, mentoring, therapy, commitment, and support, Kaysie graduated college and began a career in nursing. “At age twenty-four, I woke up. I opened my eyes for the first time, and saw me. I saw all that I had spent years trying not to see. And even though it hurt—instead of turning away, instead of closing my eyes and going silent, I finally walked forward with my head up and eyes open.”

That's the 180°. Now, Kaysie is a nurse in a major hospital. She attends patients and finds real fulfillment. She is continuing her studies towards becoming a nurse practitioner. One day not long ago, Kaysie walked into her patient's room. She used the same greeting as always—“Hello. I'm Kaysie, and I'll be your nurse.” Kaysie looked at the patient and the patient at her. The patient was one of the members of our Fundraising arm, Friends of Pathways, and with her was her brother, the ER doctor that helped Kaysie many years ago. She had suffered a stroke the day that Friends of Pathways was hosting their 17th annual fundraiser. The tables were turned; now instead of Kaysie being broken and wounded, she was able to help the very person who originally connected her to Pathways. Kaysie's life had come full circle—a real 360°.

Kaysie speaks of her happiness. “Today if you see me, I'm the one with a twinkle and so much depth in my eyes because I am so fully present in my body and so excited for the life that lies ahead of me. Today if you meet me, I'm the one wearing a small purple heart around my neck which symbolizes that I was wounded but that I was so brave.

“Today I no longer go to the stars because today I carry them within me. Today I shine. Today I am healing, and I am whole. Now I breathe in and I breathe out, at peace with myself and the world around me.”

--Peggy Dawson – Pathways Board Member

Excerpts from Butterfly Tears, Butterfly Legacy, 2011, used with permission.