

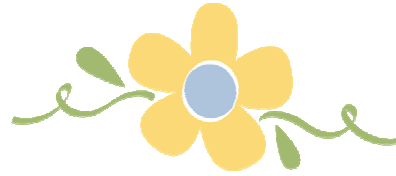
# Spring Break

Spring 2010

## Now You're in the Light Are You Ready for the Fight to Stay Sober

I believe that when a client like myself comes into treatment we often overlook the small truths in our problems, and, in an attempt to protect ourselves, we ignore the improvements we can make. Personally, I have learned all the tools I will need for the awareness of my problems. Now it's time for the fight against these baffling and dangerous addictions we all face everyday even though we feel life with sobriety becomes the priority of their treatment. Some may just be beginning to face this task, some have been fighting it already and some clients are in preparation. In any case, at the beginning of any daunting task such as this, it becomes very important to be in the light (truth) and ready to fight this self-defeating addiction we are all facing. We can find great comfort in knowing that once we see and understand why we need to be sober, the better we feel and our lives will become more rewarding than we've ever imagined. As a fellow addict, I know that if we give ourselves a chance, we can become the people we truly are in life.

~Anonymous



## Graduation

With graduation just around the corner, I have so much on my mind. Am I going to do it this time – am I going to stay sober? Can I be the parent that my little girls need and deserve? I have been given so many gifts. The gifts of a clear focused mind, the gift of friendship, and a better understanding of what my life can be if only I let go of the illusion of control and remain teachable. For the first time in a long time I have hope. Hope that only comes from a power greater than yourself. Hope that I can be someone that can not only give back what I was so freely given, but hope that all of my pain can make a difference in a life that seems only filled with despair. Thank you Center Pointe.

~JH

## Dear Addiction

*You've taken everything away from me. So many have told you this before, and now it's my turn. It started out. I loved you before I even knew you. Always wanted to taste you. All the drinking and drugs, all the lost years, lost jobs, lost relationships. I don't know how I can still miss you, and*

*want to run to you. But I'm working hard now to fight you away out of my life forever. It is hard letting go of this part of me. And I grieve for the loss of myself – it seems I am losing a part of me – but where I am losing you, I am gaining so much more. My self-respect, my sobriety, my serenity, my life.*

~ Diane

## The Ups and Downs

I've been here three and a half months now and a lot has changed – mostly me. I've had the ups and downs feeling depressed and sad, mad and glad, even happy at times. I've had times when I've wanted to leave, but I stayed and I'm glad I did.

My Christmas here was something very special and one I'll never forget. I was able to spend time with my family for the first time in a few years.

It's even hard for me to believe how I feel today! CenterPointe, its staff, and my peers have helped me to see a better way. I now feel even more hopeful for a better future not to mention happiness I've never felt before.

~ Mike





### Anonymous Artwork

#### D.R.A.

Dual Recovery Anonymous is a twelve step self-help program for individuals who experience both chemical dependency and an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives: physically, psychologically, emotionally, socially and spiritually. Our goal is to help men and women who experience a dual illness. DRA is to help achieve dual recovery and to prevent relapsing. The DRA approach to dual recovery is based on a simple set of ideas and steps. They encourage us to find our own personal

recovery, the one that is most meaningful. Our program of spirituality is of a belief in a Higher Power, a power greater than ourselves; such as the Twelve Steps or a step meeting, maybe even G.O.D. (Good Orderly Direction), or God itself. No matter what it is, it must be more powerful than ourselves.

There is no single type of Dual Disorder. Both men and women are affected by different types of No Fault Illness. We came to believe that our emotional or psychiatric illness and chemical dependency were our own fault, and then we came to believe that we would never be "normal" again.

We welcome men and women of all personal beliefs. Our

program is one of personal freedom and choice. DRA has two requirements for membership: A desire to stop using alcohol and other intoxicating drugs, and a desire to manage our emotional or psychiatric illness in a healthy and constructive way. We also need to remember that we are powerless over our dual illness of chemical dependency and emotional or psychiatric illness, that our lives had become unmanageable.

~Anonymous submission



### Top 5 Meals at CenterPointe

1. Tacos
2. Mini Pizza
3. Banana Bread
4. Salad Bar
5. French Dip



### Recipes



#### Dark Chocolate Meringue Kisses with Pistachios

#### Ingredients:

- 2 eggs
- ½ tsp cream of tartar
- ½ c sugar
- 2 oz dark chocolate (bittersweet, chopped)
- ½ c nuts, toasted (pistachios)

**Directions:**

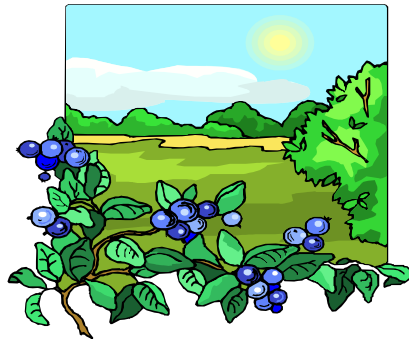
Bring egg white to room temp in metal or glass bowl (30min). Preheat oven to 300°. Line a cookie sheet with parchment paper (or use foil & cooking spray).

Beat egg whites and cream of tartar on med high till peaks form. Gradually add sugar 1 tsp at a time. When they have a satin sheen it's time to add more sugar. Beat into glossy peaks. Fold in half the chocolate and half the nuts. Drop meringue in 6 mounds 2 in. apart on your cookie sheet. Use the back of a spoon to swirl the top of each meringue into a high tip. Stick them in the oven and immediately lower the temp to 200°. Bake 1 ½ hours or until crisp and dry on the outside.

~Paula

vanilla & sugar. Fold in the zucchini. Beat in the flour, salt, baking soda, baking powder and cinnamon. Gently fold in the blueberries. Transfer to the prepared pans. Bake 50 minutes. Cool 20 minutes in the pan then transfer to wire rack to cool completely. Enjoy!

~ Anon.



**An Interview with Michelle Nelson, CenterPointe's Clinical Director**



**Blueberry Zucchini Bread**

**Ingredients:**

- 3 eggs
- 1 c vegetable oil
- 3 tsp vanilla extract
- 2 ¼ c white sugar
- 2 c shredded zucchini
- 3 c all-purpose flour
- 1 tsp salt
- 1 tsp baking powder
- ¼ tsp baking soda
- 1 tbs cinnamon
- 1 pt fresh blueberries

**Directions:**

Preheat oven to 350°. Lightly grease 4 mini loaf pans. In a large bowl beat the eggs, oil,

Q - What do you do here at CenterPointe? How much power do you have?

MN - Basically, I oversee clinical services. I meet with program directors weekly providing supervision regarding clinical issues and personnel issues. Also try to stay current on research in the field. I also meet with other service providers to see what they're doing. I deal with concerns and grievances. Power wise? I try to make it a team approach by pulling the team together and listen to what others have to say before making decisions.

Q – Do you like your position?

MN – I really do. I didn't expect to be here at this point in my life. I do enjoy it. I will admit that someday I wish I could provide direct service again, but I still love it.

Q - What are the educational qualifications for your job?

MN – I got my bachelors degree back in 1994 and I had a double major in social work and psychology. I was also working on my license to be a licensed mental health practitioner and substance abuse counselor, and I also went back to get my masters. About 4 years ago I got my license to be an independent licensed practitioner in mental health. I started out going to school in Kerney, and got my masters degree at Doane College here in Lincoln.

Q – Are you happy with the amount of money you make? Does your pay fit your job?

MN – I definitely didn't go into this job to become rich. I have to set a budget, but I would say "yes." I could be making more money doing what I do in a hospital, but I wouldn't like that setting. I really love what I do, and that's the most important thing.

Q - How did you end up working here?

MN – I got into this field because of my life experience and I have to learn to turn work off because it gets takes over my personal life. I love to work with people.

Q – Do you feel the clients have been satisfied with staff treating them equally?

MN – I’ve been with CenterPointe since 1994. I’ve been in different positions from technician, counselor, and assistant program director. We look at clients responses to weather they are satisfied. You have surveys, focus groups, and people can come up to talk to me. It’s good for us to hear the good things, but also what needs to be improved.

Q – How much has changed since you started working here?

MN – A lot! When I first worked here we were in a building at 610 J street. On the first floor was Administration and Day Treatment, on the second floor was Youth Residential, and on the third floor was Adult Residential. We have expanded our services and our knowledge on what we’re doing.

Q – What’s your outlook for the future of CenterPointe?

MN – That’s a huge question. I just came from a meeting where we talked about it. I do believe we need to stay on the cutting edge on what we’re doing for services. Part of that is technology and that scares me a little because I’m so people oriented. There is technology to reach people out there who are not able to see a psychiatrist; they can see them over the computer. I see us growing to keep up. I don’t completely understand

the politics with health reform or how it will change what we do here.

Q – If you could change something at CenterPointe, what would you change?

MN – That’s a good question. That would be the ability to serve people quicker. Be able to provide more services to people quicker. There are always little things that I’d like to change, but that’s a big one.

Q – What’s your favorite sport?

MN – I didn’t play any sports in school. Believe it or not, I’m a bit of a klutz. I’ve tried to play volleyball. I love football, and our families are huge football fans!

Q – What did you want to be growing up?

MN – I wanted to be a model! [laughs] I’m serious! When I was young I saw them on TV and I wanted to be that.



Q – What do you like to do in your leisure time?

MN – I love to spend time with animals and I really love animals. Sometimes I’ll go help at the Humane Society or the Cat House. I’m a

wannabe scrap-booker. I love movie – love to watch movies!

Q – How long have you lived here? Are you married? Any kids?

MN – I was born in California, but grew up in Nebraska. I was about 6 or 8 when I moved here. I am married and we don’t have any human children, but I have 2 cats whom I consider my children.

~Interview done by the group



## Poetry



### Today

Today is today  
tomorrow is tomorrow  
But I live for today

Tomorrow is just  
tomorrow and I’ll be there  
tomorrow

~Tim

### My Poem

I want to thank God for this day and for always showing me the way I thank Him for my life, and the light he sheds each day.

When I don’t know where to turn, He’s there to show the way

~ Diane





### Untitled

I shed a single tear for you  
 A tear that needn't be  
 You aren't worth the tears  
 I've shed  
 This tear I shed is for me  
 You've caused me so much  
 anguish  
 So much fear and pain  
 My love for you had made me  
 loose the strength I had  
 within  
 I tried so hard to hold on to  
 the things close to my heart  
 but when you're wrapped up  
 in that life all things fall apart  
 Now at last I've let you go  
 My life is on the mend  
 I'm so grateful that this chaos  
 has come to an end.

~JH

### Live for Love

Once upon my time  
 I lived a life of crime  
 Didn't care anymore  
 Death was at my door  
 CenterPointe saved my life  
 for sure  
 They taught me how to cope  
 No more would I need the  
 dope  
 I threw away my noose and  
 rope  
 I've been through therapy  
 treatment before  
 I was craving to use walking  
 out the door  
 My body is sore

I want to come out different  
 than before  
 No more chances, not one  
 more time, no more breath  
 left of mine  
 No more lies, no more tries  
 Don't want my mind  
 saturated with drugs to fry  
 I know with no love for life,  
 I'd die

~SLM



### Haiku Poems

I see the tall grass  
 As I walk along the path  
 It soothes my senses

~Diane

I like the outdoors  
 Summer time is very nice  
 Some warmth and sun shine

~Mark

Fantastic madmen  
 Play tricks on you while you sleep  
 Shaved off your eyebrows

~Holland

Last year I was broke  
 I was actively using  
 My soul was dying

~SLM

Sharp swords shed good  
 blood  
 Sharp words will soon cause  
 bad blood  
 It's the blood that binds

~Anon.

I arrived here mad  
 I was angry many weeks  
 Now I have true peace

~Anon

I love my dog Boo  
 Today a tooth being pulled  
 Worried about him

~Anon.

I am quite confused  
 Your words don't make any  
 sense  
 I am still confused

~Holland

### Favorite Vacation Spot

Jeff – Disneyland  
 Holland – Yellowstone  
 Kevin – Rocky Mountains  
 Anon – St. Croix, Virgin  
 Islands  
 Steven – Oceanside, CA  
 Anon – Duluth, MN  
 SC – Sarasota, FL  
 Jenna – Grand Canyon  
 Paula – Disneyland  
 Tim M – Eufaula, OK  
 Shawn G – a warm sunny  
 beach  
 Diane – Bahamas & Barbados  
 Justin – Maui



## All Time Low by Widespread Panic

Black heart sun rides the sky  
Now your eyes are running dry  
Oh, like the space around me  
I take my spot in time

Who knows who is both your best  
friend and brother  
When everyone's deserted you  
Who'd shoot first and ask questions  
later  
If anybody's messed with you  
Pretty soon we'll all be tumblin' like a  
barrel  
Thrown from the top of the waterfall,  
well  
I'm drowning in piranhas in the river  
Man, what a drag, man

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Now your wells are runnin' dry  
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well

I'm drowning in piranhas in the river  
Man, what a drag!  
Man, what a drag!  
Man, what a drag!

I was talkin' to my teacher  
Said I didn't have a clue  
I think my principles are reachin'  
An all time low  
I saw my lady in the streetlight  
She was walkin' with her man  
They were headed for the fire  
That was burnin' in the sand  
I think my principles are reachin'  
An all time low  
I think my principles are reachin'  
An all time, all time low  
All time low  
All time low  
All time low  
All time low

*This song has been a favorite for a while. The band Widespread Panic writes songs in metaphors that I can relate to and this is important for me because it helps me connect with humanity. When I'm connected, I know longer feel alone or feel like the only one. This song is telling the story of where I was before coming to CenterPointe.*

~Shawn G



## Favorite Season

**SC** – Summer & fall when you can do things outdoors

**Anon** – Winter for football, hunting and skiing

**Jenna** – Fall when it's cool but still nice outside

**Anon** – Spring for cookouts, season changes, things booming

**Shawn G** – Spring & Fall bring optimism to me

**Diane** – Summer because I love to play outdoor sports

**Anon** – Fall, it's not too hot or cold, the crunching leaves

**Holland** – Spring for the rain

**Anon** – Fall for the changing leaves and perfect temps

**Paula** – Fall for the colors and the fresh veggies and fruits

**Justin** – Winter for the snow

**Jeff** – Spring because it's nice to get out and see everything bloom

The following passages are taken from *Daily Affirmations* by Rokelle Lerner

### I am on a Journey to Discover the Strong Inner Me

I will open myself to risk and to surprise. Like all journeys, the quest for self-knowledge can bring strength and illumination.

I have confidence. I will recognize that my strength comes from caring and nurturing myself, and from caring and nurturing others. I will reflect on those I love and know that I, too, am

loved. I bask in the warmth of this knowledge.

### I am Motivated to Pursue my Goal

Today I will pursue my goals and set my sights towards motivating myself. There is no need for me to lead an empty, unfulfilled life. If I am not sure where I am going, I will take the time to ask God for light and inspiration.

What is my sincere desire for life? Have I settled for the day-to-day existence that offers comfort and security, but does not challenge me? Perhaps for

the first time in my life, I will pursue what I desire. I will set **my** goals, not based upon anyone's opinion of me.

Today I feel motivated to experience life to its fullest. I realize that each situation I encounter can only be for the Higher Education. I press forward, I do not give up or become discouraged.

I have the will and the motivation to pursue that which I desire.

