

INTERSECTION

Fall 2010

Life in a Bottle

Imagine, if you will, that one day you are told that your ability to function was going to decline to an unknown degree due to the fact that soon something you need to function normally was no longer going to be available.

Such as what if suddenly there was less oxygen in the atmosphere?

How would you feel? How would you react?

Would you deny it until it was too late to attempt to prepare, or would panic rush in and threaten to crumble you? Perhaps the response would be anger, a rage directed at anything or anyone that was close by.

Undeniably the real emotion that would be felt deep within would be cold fear.

I face that traumatic fear with every battle to acquire the medication that I am required to take in order to calm the demons of my illness.

The countdown of security has begun. Yesterday I was soothed by the fact that there were four days left.

Today, reality chills me as I swallow my evening dose... three days left.

I have done what I can to stave off the danger. The calls have been made,. The resources have been tapped into. I have been told to not worry, that it will be taken care of and what I need shall be provided in time to save me. But the weight of the fear still hangs heavy deep within.

How many more times must I have to endure these moments of torture that threaten to crumble my determination to prevail?

I instinctually know that as long as part of my life comes from within a bottle, I will have to do battle again.

May I have the strength to endure and hang on to the fragile strands of serenity.

~Laura



UNTITLED

As days go by my mind gains insight and I grow stronger, no longer fazed by gettin high and no longer do I crave crystal white, which is why I've come to a standstill in this moment in time.

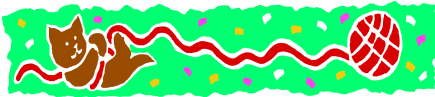
It's hard to fight what I've been raised to believe, even harder is it for me to be who I know I am and move through to achieve when everything seems stacked stacked up against me.

Progressing everyday,
Stressing in every way,
Until eventually I find peace.

Not only of mind but calmness inside 1000 times what it used to be, I'm used to these fluctuations, it's daily motions that send my mind in rotation and make this pen bleed.

And that is this in which you see, only the outside eyez can decide if this is truly and must a wondering story scene.

~Jesse



Animals

Animals never cease to amaze me. I had a cat named Hope who was brilliant. She was a calico who followed me everywhere and slept in my arms. Every morning while I was putting on my makeup she would jump up on the vanity. I would ask her to give me a shake then she would give me a shake and then I asked her to give the other paw and she would give the other paw. She was always so eager to give me those little paws. Our next trick was for her to stand on her hind legs when I snapped my fingers. We went on to me asking her to put her head on my hands; I would cup my hands and she would place her sweet little face into my hands. She also would give me a high five at the end of our ritual. I would then say “let’s go get a bonkers.” We both would go into the kitchen and I would give her some tuna or cat food.

~Mary

The Power of Prayer

As a child I grew up in religious homes. I had several turn of events that changed my beliefs and, through my

addiction, lost my faith. Upon coming to CenterPointe, I became involved with the Criminal Justice System, facing new charges of possession of controlled substances, and a habitual criminal charge with 10-60 years in prison. I finally hit bottom. I had nowhere to turn for help. With support of my peers in Adult Residential, my limited family, and prayers from my myself, family and peers. I’ve received a jail sentence of 180 days to be served at CenterPointe. This seemed impossible, but with prayer all things are achievable.

~Jesse



An Interview with Chris McCollister, Director of Management Information Systems

LB: What is your job title?

CM: Director of Management Information Systems. Also data and information. We look at statistics and what they mean. There are a bunch of resources we look at as management, and see how they benefit the programs.

LB: How long have you been with CenterPointe?

CM: Since 1984 so 27 years. It was LLDP [Lincoln Lancaster Drug Projects] then and it was really hard to say; they thought we were saying “rug products.” In 1997, we found a name we liked and got our star people to represent that there is a star in all of us.

LB: What brought you to CenterPointe?

CM: Growing up in the 70’s there were a lot of drugs. Some of my friends took drugs and had problems and others didn’t. I was always interested in drug treatment. I wanted to know what lead some to struggle with drugs and others not. Two days after graduating college, I interviewed here. I was hired as a counselor in the Youth Residential Program.

LB: What was your college degree in?

CM: I got a degree in psychology, but not specifically for counseling. I had degrees in Criminology and Sociology, as well. It’s very interesting, but doesn’t pay well.

LB: What was your starting position here at CenterPointe?

CM: I started as a counselor. I got my certification and did that for 2 years. We didn’t have techs like we do now, so we did 5 days and then did an overnight. It was pretty rough. We did all the grocery shopping and all that

stuff. It was a long term program then, 8 to 9 months, but it was a smaller program with not as many clients. It was a different environment. We had the Adult Program which started in 1973. We had the name Full Circle. The Youth Residential program started in 1979.

LB: What promotions have you had?

CM: When I started we had a \$500,000 budget. I had an \$11,000 salary, and now we have a 6 million dollar budget! The growth has been phenomenal so I've been able to do many things that made me stay. I've been in charge of the Crisis Line, Operations Director, Grant writing, information services, Information Systems Director; I still do that to some degree.

LB: Is there anything that you miss?

CM: I've done some filling in, like in human resources. It's challenging and nice. I also filled in for business and finance. I'm lucky to be able to fill in for so many different things.

LB: What do you find most challenging?

CM: The environment we have to operate in. We have to take into consideration what the Board of Directors think, what the state thinks, what CARF thinks. It can be challenging taking all that into

account as well as what we want to do for the clients.

LB: What is most rewarding?

CM: The most rewarding thing is the people we serve and seeing people change their lives over time.

LB: Do you still see any past clients now?

CM: Yes, I do! There are clients that I knew from being a counselor at Youth Residential and at E st., seeing them in the lobby. It's kinda weird sometimes when I see somebody I know on Facebook. You have to have boundaries.

LB: What have been some success stories?

CM: I think all of you guys are success stories. Even if it doesn't look like success, it's action toward recovery. I have family who have serious drug addictions. I have no judgments against anyone. We all do what we have to do. Everybody knows somebody who is struggling. Everybody looks better on the outside. You have to know what people are struggling with. Everybody has something.

LB: Do you familiarize yourself with the clients?

CM: No, I don't. I get to know people, but I don't really make an effort. I want to stay out of the way of the programs.

LB: How does recovery happen?

CM: I think that over time there is an internal event that happens in the mind that says "I'm not going to do this anymore." I think we provide that environment here in treatment through education and services. So, no real magic. It's really up to the person. There can be relapse, but the longer clean time someone has in treatment, the better chance they have. A lot of people who have an addiction also have a mental health issue that they may not be aware of. It's all related. One can lead to the other.

LB: Do you have any advice for someone struggling in recovery?

CM: Everyone has something. You're not the only one. We all struggle; it's just to what degree. Never judge yourself.

LB: What's the most bizarre thing you've experienced on the job?

CM: Not that much, surprisingly. My name and phone number have been in the phone book as long as I've worked here — no problems. Every year we have some sort of animal issue. Skunks, bats, birds, and this year one client in YR got bit by a rat at the Humane Society. It's funny to me that that happens every year.



LB: Are you involved in the community?

CM: I am a lover of animals. I'm on the Board of Directors of a horse rescue in Kearney. I like the horse rescue thing and they need a lot of help.

LB: What achievements are you proud of?

CM: My work here and my daughter. She's 20 and she's my accomplishment, too!

LB: What do you like to do on the weekends?

CM: I like to ride my horse. I have 3 dogs and a cat and horses. I love animals.

~Lesa



What do you Want to be for Halloween?

Dave – Mr.T
Brenda – Lady Bug
Tyler H – Charles Manson
Randy – Michael Myers
Jesse – Charles Manson
Tyler S – Jigsaw
Anon – Adolf Hitler
Laura – a cat
Dean – Al Capone
Shelly – Powerpuff Girl

Sunya – a witch
Bryn – Butterfly
Jeanne – sexy police officer
Terri – Cleopatra
Cat – a lumberjack



Recipes



Grandms's Old Fashioned Banana Bread

Ingredients

3 ripe bananas smushed
2 eggs
½ cup butter
1 tsp baking soda mixed with 3 TBS of hot water
¾ cup sugar
1 ¾ cup flour

Directions

Mix ingredients together, preheat oven to 350, put in greased bread pan, and cook for one hour. Let cool for 30 minutes and eat.

~Brenda



Holiday Turkey Brine Recipe

Brining adds moisture and flavor to poultry and helps to keep it from drying out.

Whether you roast, smoke, fry, or grill your turkey, you should start with a brine.

Ingredients:

1 gallon of vegetable broth
1 gallon ice water
1 cup kosher salt
1 cup brown sugar
1 TBS dried sage
1 TBS crushed dried rosemary
1 TBS dried thyme
1 TBS peppercorns

Directions:

In a large stock pot, combine the vegetable broth, kosher salt, brown sugar, dried rosemary, thyme, and peppercorns. Bring to a boil, stirring frequently to be sure salt is dissolved. Remove from heat and let cool to room temperature.

When the broth mixture is cool, pour it into a clean 5 gallon bucket. Stir in the ice water.

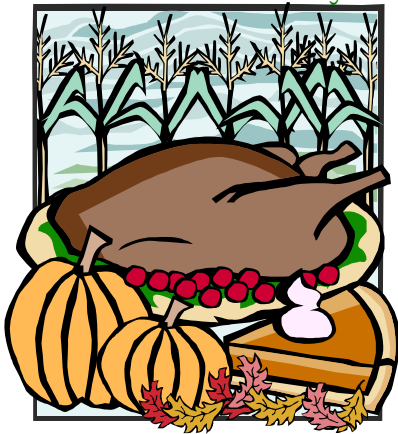
Wash and dry your turkey. Make sure that

you have removed the innards. Place the turkey, breast down, into the brine. Make sure that the cavity gets filled. Place the bucket in the refrigerator for 24 hours.

Remove the turkey carefully. Rinse off the brine and pat dry. Discard Brine.

Cook the turkey by any method you choose. Keep in mind that brined turkeys cook slightly faster so watch the temperature gauge. Enjoy!

~Tyler



Untitled

Hi I am Monte, 35 years old, 6'4", 275 pounds, and recovering addict. Been clean 4 months, was addicted to meth, and the life that came with it. For 20 years, I've been in the fast

life, "easy come easy go." CenterPointe has helped me work on not only the drug aspect of my past but also the mental part. 'Cause we all know, meth can twist the brain in all different ways. Four month clean and miles to go, but today I can see the light at the end of the tunnel. God bless you all!

~Monte



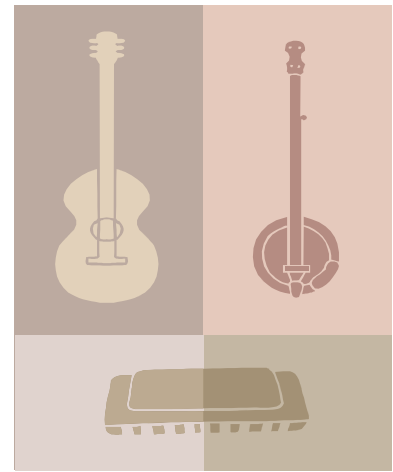
Surrender

Once was a child
Pure and clean
Miasma descends
A young woman turns:
A heart submerged in a
crystal of wine
Churned white pills back
into opium

An old woman rises
I rise, I rise
Back to senses and
clarity
The crystal shatters pills
blow in the wind

I call out to heaven and
begin my ascension as I
kneel in my tears and
receive absolution.

~Terri



MY ADDICTION BLUES

My addiction took me round, and flipped me upside down, and I should of known, it would do me so wrong. While I was chasing the high, the world just passed me by. As I looked to the sky, and opened my eyes, I saw the sign, that my high made me blind, to a life so divine, I needed to find, a place to ease my mine, there wasn't a sign, but there was a stone, and this is where I grew, to learn something new, and this is where I got rid of my addiction blues.

My addiction blues
 was written the
 summer of 2006 by
 Dean B. and Rachel,
 a friend of mine. It's
 how God saved us
 from the addiction
 and gave us life
 again. I have fell
 back into the
 addiction and God
 saved me again, this
 time he stayed with
 me and I don't want
 the addictions blues.
 I hope this song will
 help someone else.

~Dean



A Moment in Time

Passion churns my
 stomach into knots.
 Knowledge so scant
 leaves me wary but
 teases and my interest
 grows.

The connection was
 there, I could not have
 imagined something so
 intense.

The subtle chemistry
 between two minds,
 the science of human
 nature.

Even as life involves me
 in the mundane I am
 distracted by the

memory of a moment
 in time.

Reality and fantasy swirl
 and I falter with doubts
 you hold strong with
 hopes.

Fear offers a slight chill
 to the heat, yet the fire
 within threatens to
 consume

Souls so fragile yet so
 strong, exists worlds
 apart.

The connection
 between was made for
 only a moment in time
 and forever etched in
 my mind.

~Laura



FAVORITE OUTING'S

Top Favorite

1. Louisville, lake
2. Saltdogs,
Baseball
3. Platte River
State Park~

walk to the
 tower

4. Outdoor
 Concert, Korn
 Popper

Other Favorites

West Field Mall
 Wal-Mart
 Library
 Outdoor walks

~Rick K.



Untitled

Hello, Let me introduce
 myself, I am Crystal.

I'll show you this life
 you've only dreamed of.
 You'll be the life of the
 party.

You'll get everything you
 want....girls, sex, power,
 and endless energy.
 You will fall in love with
 me.

Over time, I'll be the only
 thing that matters.

I'll give myself to you
 whenever you need or
 want me.

But...you'll want me all
 the time.

Our love will fade.

I'll take everything from
 you...money, happiness,
 sanity.

In the end – even your life.

~Monte



My Unwelcome Blanket

Please do not be offended when I don't come to you or respond to your call.....its just that I am trapped.

The bonds that hold me cannot be seen, but they are strong. My fears threaten to overwhelm me. Can I survive through my imprisonment this time?
....Its not my first time here.

The weight is oppressive and I have to fight for every moment. Even the smallest action seems to require all the strength I have. My determination to succeed wavers and my frustration builds.

Why does it have to be so difficult jut to live? When will the suffocating blanket of depression lift
....and when will it return?
I know it will
It always does

~Laura



Desperation

There is a small simple word that is supposed to cover the complicated and tormented feelings which dominate my world.

Fear balloons inside as hope begins to fade. I am a frozen waste land, tempted by thought of giving up and giving in.

I try desperately to hide, curling into a little ball, my flesh offering the only protection. Brutal thoughts and feelings tear my soul and my will to survive.

At the edge of desperation, the only way out appears to be down. Yet the urge to live is now present. My feeling are never predictable. Yet sometimes I sense patterns in the randomness.

Can I survive, even grow, with this anxiety that reigns cruelly through my days?

~Laura

Serenity Prayer

If you have attended secular recovery programs, you have seen the first four lines of the "Prayer for Serenity." The following is the complete prayer. I encourage you to pray it daily as you work through the principles!

Prayer for Serenity

God, grant me the serenity
To accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next.
Amen.

The serenity Prayer is something I say everyday. It helps me get through the day.

~Shelly



Untitled

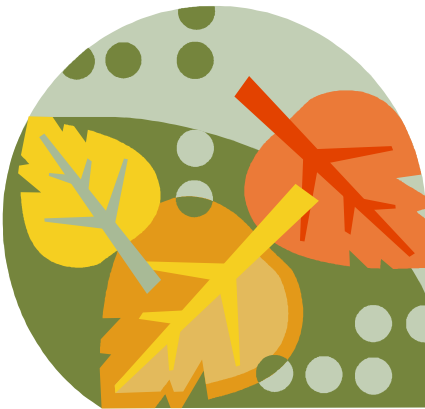
Watch your thought process is logical and the stream of thought is unremarkable. They lead to actions

Watch you Actions
They lead to habits

Watch your habits
For this is your personality

Watch your personality
For this becomes your destiny
Watch your destiny
For that's your life.

~Monte



A Proposal

*I Miss You.
My love, My partner, Now
a part of my whole
existence.
I find thoughts of you
creeping in at every
instance.*

*Life seems to be missing
something when you are
away.*

*You are my inspiration,
my conscience, and my
reward.*

*You chase away the
shadows that bring
desolation.*

I Love You.

*The kind of love that
brings deep fulfillment.*

*Patience emerges in waves
that wash away
frustration.*

*The fire within warms my
weary soul, bringing with
it hope.*

*Never have I known
selfless emotions to be so
self-nurturing.*

*Self-absorption dissolves
when I hear of your pains.
As I reflect I see how my
love for you has blossomed
and promises to continue to
grow, strengthening the
bond that distance cannot
dim.*

I Need You.

*Reality reminds me that I
would continue to exist
without you.*

*But life would lack the
fulfillment that our
relationship brings.*

*You know the path to my
soul.*

*The overwhelming fears
are now bearable because I
have you to share them
with.*

*With tremendous relief, I
now have the strength and
perseverance to grow.*

*I have my best friend to
share all with, strengths
and weaknesses.*

*Some of the simplest
things gratify, like making
you smile.*

*I Miss You... I love
You... And I need You.*

*My soul reaches out to you
now when days apart seem
forever.*

*With you there is a
wonderful future to
anticipate.*

*Experiences of joys and
disappointments that never
have to be endured alone
Thank you for being you,
and for being mine
I Treasure Us.*

Will you marry me?

-Laura

