

Pointes of Hope

Winter 2009



My First Month

I came here homeless from the streets with nothing but the clothes on my back and a 7 day stay at the Detox Center. I was hopeless, worthless and in despair. I had nothing but a severe alcohol problem along with my mental problems, too. The first few weeks were rough, but the staff and other clients helped me through. I was helped with clothes and hygiene items not to mention the medications to settle me down. It has still been tough, but now I have hope of a future again. My family is standing behind me, too.

So with lots of work and much help, too, I can do this and have a life again.

Thank you CenterPointe and all who help you to help me so I can better help myself to better help you.

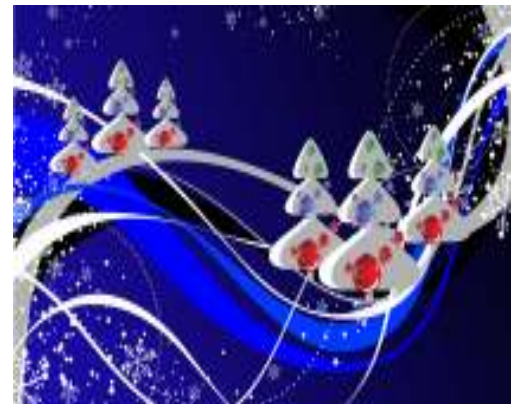
Sincerely,
Mike



A Journal Entry

This time leaving treatment I am letting you know now that I am leaving you here. I can not take you with me because I have no room for you to stay in my life. You have already got most of my years of the short life I have lived. In the beginning it was so much fun and we had space. And then we started meeting daily, I began thinking you were all I wanted. If I didn't have you I'd go crazy, get sick, or go out looking for you. I'd chase and chase you. I even went to prison for you. I gave so much of myself to you thinking you'd give back to me. But no, most of the time you'd just tease me with your love. That's what kept me going out after you over and over. It makes me so sad that I have brought four innocent children into this world and because of my affairs with you I have caused long term and short term change to them. I put you before my children, my family and most of all myself. I'd run to you with problems, and celebration thinking you were going to

help, but to tell the honest truth, you broke me down even weaker by the instant gratification you gave me. I'd get stuck on that feeling



and forget about everything else. The chase would start again and at this point I chased you and found a more intimate and deep level of our relationship when I stuck that needle in my arm. I then realized I was so co-dependent on you that I'd promise to never let you go. I fell so deeply in love. I gave my whole life to you for nothing in exchange. I kept in my head that you were truly never a problem. Today when I set and look back at my past and try to find just one good or just a reason to keep you in my life, I just can't see one. I'm tired of getting on my feet and starting over and letting you back in my life. Just to

break me down and very rapidly deteriorate everything I worked for. I will not kick myself in the ass for this. I will fight back not and not give up. I want to be free of you and move forward without you. Because of you I went homeless, lost out of tons of things to do with my children, kept landing in treatments, and never being able to truly love myself, because I went to you to make thing better or feel good. I am saying good-bye this time. Not c-ya later or farewell. It is GOODBYE. And just so you know I will do my part as a member in my community, family and as a better mother to let others know that your love is not true and you feed off us. So GOOD BYE.

Always, **Kimmy**

P.S. If you just skimmed over this letter and missed what I said. It was GOODBYE.



What do You Want for Christmas?

Kimmy – My family back
 Tim – Inner peace
 Diane D. – A calendar with puppies
 Jeff – crazy money & pizza coupons
 Dain – World peace
 Anon. – PSP (handheld game)
 Mike – Model car kit

J.H. – Spend Christmas with my Kids & a new guitar
 Paula – Books
 S.C. – Sobriety
 Anon. – Remote control helicopter
 Jacob – AirHog (remote control vehicle)
 Melody – Uggs boots
 Hula – Kaboodle with makeup and hair accessories
 Holland – Birkenstocks
 Justin – Car
 Mark – Rosewood back/side spruce-top Martin guitar
 Shawn – Peace in the Middle East



Dear Marriage,

I remember when my mother thought it would be cool if we would've gotten married on 9/9/99, but we did it on 9/18/99. Now 10 years later on 9/9/09, I'm writing to say goodbye to it. It being "my marriage." We were married for 6 years, but for two of those we were separated. We divorced 9/22/05. I remember all the horrible feelings I felt. I felt like such a loser, and stayed drunk and on drugs for years. Until now...Now I'm in treatment again ...and

my assignment is to say goodbye for good to my broken marriage. I often wondered why God stood by and watched it fail so slowly, so miserably, so entirely. I used to beg God to fix it - but He never did. How depressed and worthless I felt. After ALL the miracles! How could our marriage die? The pain of losing was too much for me to bear. I don't know why God kept me alive - after all the drugs, all the drunks, all the Xanax, all the car wrecks - it is a miracle I am still here. A miracle that I never wanted back then. Nevertheless, it's time to say Goodbye to my most wonderful and most painful memory. Goodbye to my wrecked marriage. There are better days ahead for me. Only you can do it, but you can't do it alone. "...do not let the sun go down on your anger..." Resentment is anger that stays past sundown. It makes sleep impossible. It is the source of untold misery and spiritual disease.

Love,
Diane D.



A Welcome Light at the End of the Tunnel

I would like to take some time to share my experience with curious readers who may be even looking for a treatment center for themselves. I have been to one other treatment center in my life. I have had nothing but the greatest experience while being a new client here at CenterPointe.

For the time I've been here, they really are willing to help new clients get settled in. They have medical services in the building including a Psychiatrist. Because of the positive attitude and no quit attitude, which is extremely important, clients have a higher success rate than most other facilities.

It seems as though, at least in my opinion in the time I've been here, this facility and the people who work here have been the life saver for many clients and their families. I have nothing but praise for this facility.

~ Anonymous



Recipes



Reindeer Cookies

Ingredients:

2 rolls peanut butter cookie dough
1 pkg mini chocolate chips
1 pkg red hots
1 bag mini pretzel twists

Directions:

Press cookie dough into about 2 inch rounds. Place pretzels on top for antlers, mini chocolate chips for eyes, and one red hot for the nose. Bake according to cookie dough instructions.

~ J.H.



Banana Bread

Ingredients:

1 box white cake mix
 $\frac{1}{2}$ small pkg vanilla pudding
4 eggs
1 cup milk
 $\frac{1}{4}$ cup water
 $\frac{1}{3}$ vegetable oil
4 ripe bananas

Directions:

In a bowl, mix together cake mix, eggs, milk, oil, and vanilla pudding. Add ripe bananas and mix into batter. Pour into bread or cake pan and bake for 30-45 min at 350°.

~ Tim M.



Pumpkin Salad

Ingredients:

Salad:

2 cups diced pumpkin
1 can pineapple chunks
1 cup raisins
1 cup chopped walnuts
1 cup sliced/shredded carrots
1 $\frac{1}{2}$ cup diced onions

Sauce mix:

1 can apple sauce
1 cup yogurt (or mayo)
1 tsp pumpkin spice (or cinnamon)
1 $\frac{1}{4}$ c sugar

Directions:

Cook pumpkin until tender, but not mushy, then cut into chunks.

Add all salad ingredients in a large bowl and mix well.

For sauce mix, add all ingredients together in a bowl and mix well. Add sauce to salad and mix.

Chill for an hour prior to serving. Enjoy!

~ Paula

Top 5 Meals Served at CenterPointe

1. Tacos
2. Cheese Burgers
3. Pizza
4. Salad Bar
5. Goulash

~ S.C.



Poetry



I Sit and Look Out

A poem by Walt Whitman

I SIT and look out upon all the sorrows of the world, and upon all oppression and shame; I hear secret convulsive sobs from young men, at anguish with themselves, remorseful after deeds done; I see, in low life, the mother misused by her children, dying, neglected, gaunt, desperate; I see the wife misused by her husband – I see the treacherous seducer of young women; I mark the ranklings of jealousy and unrequited love, attempted to be hid – I see these sights on the earth; I see the workings of battle, pestilence, tyranny – I see martyrs and prisoners; I observe a famine at sea – I observe the sailors casting lots who shall be kill'd, to preserve the lives of the rest; I observe the slights and degradations cast by arrogant persons upon laborers, the poor, and upon negroes, and the like; All these – All the meanness and agony without end, I sitting, look out upon, See, hear, and am silent.



Thoughts on the poem:

These scenes have played themselves out through out the history of mankind. Political correctness can never change the hearts of men and women, but only deny that hate, racism, despotism, tyranny, nationalism, fascism, and innate selfishness of the human heart that exists in a myriad of forms world wide! Education cannot change the heart, culture is impotent to change the heart, legislation, cultivation, probation are futile to change hearts. The moral majority with its minority standing can never hope to purify its streams. The left with its ideals and social efforts, well intended as they are, has yet to change the human heart. The right can only have you believe the hearts of mankind have been changed. The human will cannot originate pure springs of the unselfish, giving element of agape love, the human will can only choose to allow God to place this heavenly principle in our hearts and that only can cure the ills and desperation that plagues mankind.

~Mark



Poem #1

My name is Jeff
I am the king of all
of you. You will
praise my name as
ALLAH and You shall
live civilized. I
love you. This is my
poem.

Pop rocks candy,
Ason Unique WU- Tang
Clan, Shaolin monks.
These are the things
of the world.

Mandy was my
girlfriend. She
broke up with me now
I'm sober. Maybe
she'll want to go
out with me again.
Sweet.

Don't smoke weed or
crack they destroy
you. I feel a lot
better now than I
did before.

~Jeff



The Ocean

Scientists say we are living in an "ocean" or a "sea" of air. Walking to the store I imagine I am swimming in an ocean of air with a "school" of my fellow fish. We pass trees, buildings, cars, barking dogs, people and I am content.

~Dain



Diane

Diane
 Honest, loyal, compassionate
 Who loves my family, friends,
 and boyfriend
 Who feels unsure about her
 future
 Who needs love, friends, and
 financial security
 Who gives love, friendship and
 respect
 Who fears homelessness,
 relationships, and marriage
 Who'd like to see the Virgin
 Islands again
 Who dreams of having peace
 within again
 Hickory

~Diane



I AM HOLLAND

I am mentally confused
 I wonder why we're here
 I hear my mind calling
 I see my good grace falling
 I want to be left alone
 I am mentally confused

I pretend that I'm not here
 I feel like I'm floating
 I touch your brain with my
 finger
 I worry that I'm a failure
 I cry when no one knows
 I am mentally confused
 I understand our world is
 screwed
 I say that every day
 I dream of a place far away
 I try to breath every day
 I hope I'll be free someday
 I am mentally confused

~Holland



Poem #2

Oh weary mind.
 The birds show me my
 Direction.
 Oh woe is me.
 Pain and Suffering.
 Happy Days full of Bull.
 Lonely sandwich with
 nobody to snack on him.
 Rain. Bowls of soggy cereal.
 With a fork. Supreme
 knowledge is the spark of all
 existence. The grass is
 always greener when you
 have a permit or license to
 drive. Knowledge, wisdom,
 understanding, culture,
 power, equality, build, born,
 cypher, or circle of
 knowledge, person place or
 thing. If you hear voices yell
 STOP! in your mind. Ask
 staff to give you sugar
 scoops. I voted to call this
 newsletter "CenterPointe
 Newscast Update."
 Obviously it lost. It's cool
 though. Depression strikes
 me like lightning is
 frightening and exciting.
 Is it a heavy or a light things
 fight ring. What the fudge is
 made of. Ask yourself this
 question. How can you see
 this if then question
 frustrates you. Then that
 means you have yet to tap
 into your higher intelligence,
 if that frustrates you then I
 am right and for some
 reason, that calms you.

~ Jeff



On the Wings of Ubiquity

upward gaze clouds slivery
 slippery grey slivery moon
 enigmatic green only ever
 partially seen summer come
 summer gone winter intrudes
 upon falling leaves me krazily
 kool feelings like dew drops
 all encompassing spectrum
 myriad with intensity flood
 my heard hastily patient
 wings soar by above in quest
 to everywhere will I every
 know? covered in snow I'm
 cold warm spring will arise I
 will be there is spring
 everywhere?

~Mark



Justin

Good looking, hard working,
 nice person
 Who loves snowboarding,
 women, money
 Who feels good about himself
 Who need relationships, love,
 money
 Who gives the shirt on his back,
 love and attention
 Who fears heights, panic and
 clowns
 Who'd like to see Jesus
 Who dreams of becoming a
 movie star
 "Boomer"

~Justin



Ode to the Class of 1977

It bothers me that there are people who, if they heard my name, would at best, only roll their eyes and say "oh no, not him."

It really bothers me that there are people out there who, if they heard my name spoken, might say "I hate his living guts."

It bothers me that I think to the class of 1977 I still hate you all

~Dain

Paula – being at CenterPointe, and good health
S.C. – good health
Anon. – sobriety
Jacob – family
Melody – support family is giving me
Hula – sobriety
Holland – family and friends
Justin – my life
Mark – CenterPointe letting me back in and my sobriety
Shawn – that I'm still on my feet
Paula – sobriety

That I Feel Inside

As I fall into deep space,
My heart trembles at a slow pace.
My thoughts race and I fade.
My life turns two shades of gray.
Nothing seems real these days;
Like my feelings are fake,
What can I make for my loves sake,
And how do I take when my soul breaks.
It's the pain that I feel inside,
Like death on the rise,
My shame I hide.
My pride is worn and I am torn.
My anger is infused I'm twisted,
And used and mentally abused.
I want to quit and I feel like s**t,
I can't get a pinch,
I could only wish for my life to be something more than this.

~Jacob

What I'm Thankful For

Kimmy – being given another chance in life
Tim – coming here to CenterPointe
Diane – CenterPointe
Jeff – laws changing
Dain – living in the U.S.A.
Anon. – safety
Mike – my mom
Jenna – friends and family not giving up on me



***** HOLIDAY WORD SCRAMBLE *****

1. Wons Diabrong _____
2. Itruf Ceak _____
3. Ansta Alsuc _____
4. Eniderer _____
5. Fonkalews _____
6. Tipensatio _____

Have a very safe and Happy Holiday Season!

