

Pointing to Summer

Summer 2009

A Farewell to CenterPointe

Before I came to CenterPointe, my life was total chaos. CenterPointe has taught me to respect myself and to set healthy boundaries. They have taught me daily structure. They have given me lots of coping skills to take with me.

I would highly recommend CenterPointe to anyone with a dual-diagnosis. I will miss this place.

~Cheryl H.



Refined

I will learn to relax and not get tense, I will have no fear, I will learn to overcome myself, because as I overcome myself, I gain that power which my Higher Power releases to me. I believe that my life is being refined like gold. Gold only stays in a crucible until it is refined. As I am being refined by my Higher Power, I will have no fear because everything will work out in the end. I will learn balance and poise in a changing world. I will claim my Higher Power and use it. I now have family and friends who long for me to succeed. If I should fail, it would cause pain and disappointment to them. I will keep trying to live a sober life.

~Anon.

My Letter to My Addiction

It is a sad goodbye, but a blessing! And if I'm going to be honest, I felt both. I am not sure how to live sober but I'm working on that. I'm glad that I have found sanity. In my old world nothing made sense because when you're in the grips of addiction there is not sanity. Reality was a thing of the past. I was a miserable tweaker. I couldn't stand the way I felt being sober 'cause of all the hurt and pain I had caused my loved ones and I couldn't stand being high either. I was getting to the point that I was living to die. The only peace I ever felt would be the first couple seconds after I woke up and opened my eyes, but then I'd remember how much I hated my life and that constant knot I had in my stomach would faithfully return as soon as I'd wake. I dreaded going through another day that was sure to be filled with the pain and the hurt I, myself, had brought to my life. The disappointment of who I had become, knowing each time I stuck that needle in my arm, I was further burying the girl who was silently screaming inside me to please remember her, remember her, don't lose her, she's still in here and she wants to live. I could hear her no matter how many drugs I did, I couldn't shut her up, yet no one

else, not anyone, could hear her or see that we were dying.



I didn't want to be the mom that hurt her kids, I didn't want to be the daughter that parents didn't want to mention 'cause there was never anything good to say, I didn't want to be the wife or girlfriend that brought nothing but betrayal and lies to a relationship. I am a loving person, I care about people. Where did that girl go? How could I have changed so much? How could I hurt the ones I loved so much? How could I continue to hurt them? All that pain and hurt wasn't going to go away by me continuing to use. I couldn't continue to keep running away. And then there was all the lost time. So much time I had wasted, so many years slipping by, I looked at my kids and wondered how they had gotten so grown

up. I looked at pictures, memories of precious times and where was I in those pictures? I wasn't there. How could I not be there? What kind of mother isn't there for her kids? What kind of mother abandons her babies time and time again? Leaving them feeling like they couldn't trust me. Like they weren't important, that's not how I ever wanted them to feel. I never meant for them to feel like they didn't matter 'cause they mattered to me. They mattered, oh, so much. But, how were they to know that? How could they know when I didn't show them that? I showed them time and time again that my drugs were more important than them. I continued to show them they couldn't rely on their own mom!!

Now, being sober, I am the mom I knew I could be. I can be the daughter a parent can be proud of, and a girlfriend who brings love and compassion to a relationship. No more betrayal, no more lies, no more baggage, no more suffering. I am starting to see the light at the end of the tunnel. I am starting to love myself and, with that, it allows other people to love me, too. I am starting to believe in me and that's all I have ever needed. I know everyday I am an addict and some days will be better than others. But, what keeps me going is knowing I'm living now. I am enjoying life each and every day. I love all the people that mean so much to me, like a brand new baby experiencing life for the first time, for the first time sober!!

~Kelli Jo



~photo taken by Manda Lou
at Henry Doorly Zoo

Experiencing the Zoo as an Adult

When I found out we were going to the zoo as a group of adults, I was definitely underwhelmed. I missed my kids and the thought of going to the zoo without them seemed ridiculous. However, I went reluctantly with a group of my peers.

Upon arriving there were children from different schools reinforcing my idea that the zoo is for children.

We broke into different groups and entered a mystical land where I was once again a child seeing things I haven't seen since I was a child. I found myself looking at things for the first time and being really excited! At the aquarium, it was thrilling to see different animals living and thriving underwater together. I also loved the exhibit in the rain forest. I loved the waterfall!

I would recommend that everyone experience the zoo at least once as an adult with or without your children. It is an outing I will remember and share with my children, and then let them tell me their perceptions as children. It will only help us bond more.

~Manda Lou



Anger

Sometimes I think anger is rooted from our fears. It comes about when something is suddenly changed on us or doesn't go our way. A wise person once wrote "People and things do not upset us. Rather, we upset ourselves by believing that they can upset us." What we, as recovering alcoholics/addicts need to keep in mind is that our new lives will not be immune from difficulties, but if we have faith in our higher power, no matter what may befall us, we will have peace even in difficulties. When we come to believe that our higher power knows just what we can bear, then we will not fear that strain of life and will know the serenity that is the result of faithful, trusting acceptance of our Higher Power's will, even in the of difficulties, and begin to look to the future with confidence. When we finally come to this awareness and peace of mind, then we can let our anger go.

-Anonymous



An interview with Dennis Hoffman, CenterPointe's Director of Housing and Supportive Services

HC – What do you do as director of Housing?

DH – That's a good question! A lot. I supervise the Housing Programs we have here at CenterPointe. We have 5 different programs. I supervise Rena (Director of Community Support), Denise (Director of Housing), the SOAR program, Jane in maintenance and Richard in food service. I ensure compliance with HUD [U.S. Department of Housing and Urban Development] grants and make sure documentation is done and submitted to HUD.

HC – What do you like most about your transition to P street?

DH – We've been building the new Overland Trail Apartment complex [funded through a HUD grant]. It's new and different. It's located right by Peter Pan Park. It's nice. Looks really good.

HC – What do you miss about being Director of Case Management at E street?

DH – I miss the clients. I miss seeing them every day. It was nice to go to work and say hi to everyone.

HC – How does it make you feel when a client graduates treatment, gets a job, an apartment, and stays clean, knowing that you had something to do with that?

DH – The success stories are great. It makes me feel like we have an impact. I'm happy and proud to be part of CenterPointe.

HC – What do you think is the most important service for someone who just completed treatment?

DH – I think being involved in the community is very important: a job, programs, or just being involved with family. It's tough to be successful without a support network. And that's true for all of us in life.

HC – So... What were you doing that Friday we saw you at Champions with your kids?

DH – I was at the batting cage with my sons. They're into baseball.

HC – Name one of your favorite movies why is it one of your favorites?

DH – The Natural. I love baseball, and it has a good story behind it, how you can overcome obstacles and rise above them.

~Interview by Harry



One Day at a Time

Your Higher Power has promised to help you with the burden of the present day only. We are made to carry only the weight of twenty four hours, no more. If you weigh yourself down with the years past and the days ahead, you will break your back. In order to relieve some burdens from the past, we must believe that our Higher Power's presence brings peace, and that peace will cleanse all irritants away, to believe that fundamentally all is well, and that good things will happen to us. To believe our Higher Power cares for us and will provide for us, we must learn to be unafraid and relax and leave tomorrow's burden to our Higher Power. When we learn to do this, we will be renewed.

~Anonymous





Untitled

I would like to say what a blessing CenterPointe has been to me. I came here with nothing. No hope, no dreams, no plans, barely alive. Now I have a future, and I have myself back. The one who loved people and life, and myself. I laugh now, real laughter that can only come from the soul. I feel now, which isn't always good. But this I need, to make it through my new life. If only I had gotten here sooner, found the help that's been given to me by all the kind and caring people here, maybe my life could've been different. Or, maybe I needed to go though it all to be who I am today. I can't say enough about this new life I am living. I really can't! Except thank you CenterPointe for giving me a second chance!! I will now be able to see my daughter graduate, have the joy of helping her plan a wedding, and maybe even someday be a grandmother. All the things I probably wouldn't have lived to see if not for this place. And I'm not

being over dramatic. This is real for me. I probably wouldn't have lived another year if I hadn't changed my life. Two trips to the emergency room for overdose is a sign things need to change. And change, I have. Living life, loving life, appreciating the ones I love daily and thanking God for this new life!

~Kelli Jo



Recipes



Gumbah Pie

Ingredients

1 med. onion
 1 can peas
 1 can carrots
 2 (8 oz.) cans tomato sauce
 1 lb ground beef
 3 tbsp oil
 2 lbs Velveeta cheese
 2 pkgs Pillsbury pie crust (2 bottoms, 2 tops)

Directions

In large sauce pan, heat oil and sauté onions until soft. Add hamburger and stir occasionally until brown. Add drained cans of peas and carrots and then the cans of tomato sauce. Add Velveeta cheese, stir until melted. While the mixture cools a little, line two 9 inch pie pans with crust. Pour mixture into pie pans and top with the leftover pie crusts. Cook for about 30 minutes until pie

crusts are light brown. Let cool and then serve. Feeds 8-12 people. Serve with watermelon for an easy one dish summer meal. Enjoy!

~Manda Lou



7 Layer Bean Dip

Ingredients

1 can refried beans
 1 pkg taco seasoning
 8 oz. cream cheese
 1 can chopped green chilies
 1 cup salsa
 2 cups shredded lettuce
 2 cups shredded cheddar
 1 can sliced ripe olives, drained
 1 medium tomato, diced
 Tortilla chips, if desired

Directions

In a medium bowl, mix refried beans and taco seasoning mix. Spread mixture on large platter. In another bowl, mix cream cheese and chilies. Carefully spread over bean mixture. Top with salsa, lettuce, cheese, olives and tomato. Refrigerate until time to serve. Serve with chips. Enjoy!

~Kelli Jo



Chili's® Steak Fajitas

Mix together in a bowl:

- 1 cup soy sauce
- ¼ cup honey
- 1 tbsp Worcestershire sauce
- 1 tsp minced garlic
- 1 tsp ground ginger
- 1 cup water

In a dish, place a 2 lb sirloin or flank steak. Pour sauce (reserve ¼ cup) over the steak and marinate overnight.

Drain meat and slice into thing strips. Heat skillet over medium high and add drained meat and:

- 1 red bell pepper, thin strips
- 1 green bell pepper, strips
- 1 onion, thinly sliced

Stir fry until meat is done, adding reserved marinade as needed to prevent sticking. Serve with warmed flour tortillas Enjoy!

~Chad



Poetry



Gratitude

When the breeze caresses
 my soul
 I am feeling comfortably
 whole
 In touch with the universal
 good
 Fighting with the whys and
 woulds
 Life is a beautiful ride
 Living for the beliefs of who
 died

~Nathan

Caring people
 Encouraging
 New way of life
 Time for change
 Exciting
 Real
 Promising future
 On the right track
 In a good place
 Necessary for sobriety
 Troubles behind me
 Enduring positive change

~Chris



Lost ☺

Cheering on the right
 team.
 For humanity and a
 human being
 The gentlemen are the
 ones I seek
 For helping the down-
 trodden and the weak
 I can feel goodness
 aching to burst
 For anyone who is
 capable of going though
 the worst

~Nathan



Untitled

Do you ever feel outnumbered
 Do you ever feel afraid
 Hold on tight to your dreams
 Hold on tight

When those craving hit you in the
 face
 You know what you can do
 Hold on tight to your dreams
 Through the night

Don't get mad. Don't get sad...it's
 the luck of the draw
 They don't tell you that
 Or do they? Hold on tight
 They will tell you which way to go
 They will catch you in your robe
 It's a lonely, lonely road
 Hold on tight

You want to fight\you want to say
 What the hell — that's no my way!
 Hold on tight to your dreams
 Through the night

She's so much younger than me
 She's all I can see
 Such a strong sailor girl
 Hold on tight

They're not smarter than me
 I've earned my right to be free
 And I'll face you in my dreams
 Hold on tight

~Anonymous

Safety in Numbers

I've been here long enough
that the days have stopped
being gray

But I know in my heart a
little longer I must stay

My heart is still weak, still
on the mend

But sunshine and happiness
is just around the bend

The work I'm doing is
important and very life
changing

Around negative people I
will no longer be hanging

My happiness and sobriety
are now number one

A compassionate and
responsible person I have
now become

Plenty of support and love I
am freely given

Makes me safe and towards
my goal I am driven

To my parents, Oscar,
Patrick and Tommy

I have the chance to be the
world's greatest Mommy

~Manda Lou



Regret

If my tears could wash away
deceptions, then the very world
would be clean. If regret could
make right my wrongs, the
brightness of the world would be
seen.

But wishes cannot make things
right. Regret can only unfold a
path I shall not take again. A
future I shall not hold.

Sins that cannot be undone,
mistakes that age and grow. Then
deathly heartbeat of my lie is the
punishment I will know.

But those I have sinned against,
Evil Plan against me vow. With
wicked pleasure, revenge lick his
lips my soul he has captured now.

Regret is a lonely companion. Its
hands are cold, its words empty.
Its whispers what might have
been, it taunts me with the
foolishness of my lies. So much
regret from my lies that hurt
others. But there is one lie I'll
never regret: the lie that allowed
me to love. How many faces does

regret have? The quiet face of a
lie barely whispers. The seductive
face of praying questions. The
shrewd face of deception well
planned. The longing face of a
dream never realized. How many
faces... Too many to count. And
when I look in the mirror, I see
them all.

Regret... has many faces and I've
seen them all. But, perhaps, a
new face can be worn by a silly
scribbler of dreams.

~Crystal O.



Untitled

I feel like things I do hurt
you
I'm really sorry
I don't mean to be a fool
Seems to come with being
cool
You and I are different
You and I are the same
It's so much more than
just a game
Thank you for your
patience
One more time
Now I must make you
understand
The tears aren't helpful
Take my hand
I'm an old old child
With a yearning to be
wild
If there's a right way to be
If there's a right to be free
I need to take it
Not from you - give it to
you

~Anon.



Freedom

Now, I've found a better way
for me to live, each and
every day

Free from drugs and alcohol
I've torn down that mental
wall

Which kept me locked deep
inside away from the world
where I would hide

No longer afraid to show the
real me

I am alive and happy and
grateful to be free!

~Deanna M.



Hope is Elusive

Silence is soothing
Everything is moving
Hearts beat
Love retreats
How far can I chase
Loves sweet embrace
Time disagrees
With this heart disease
I must find a cure
I can no longer endure

~Nathan

What I Like About You!

Roger – is a wonderful father
and a great friend

Harry – is always a positive
influence to his peers

Anon. – has few, but wise
words

Anon. – keeps on trying, no
matter what happens

Nathan – always has good
advice for his peers

Cheryl – has a beautiful smile
and a patient attitude

Amanda – is the best
roommate ever and an absolute
sweetheart

Terry – is a gentleman and
knows how to make us laugh

Natasha – is silly sometimes,
but she is really becoming a
mature woman

Deanna – is changing old
habits and is learning to relax

Kelli Jo – is full of energy and
has a positive attitude

Travis – is coming out of his
shell and he has bright blue
eyes

Crystal – is a positive
personality and she always
makes me smile

Chris – has great insight and he
reminds me to be a better
person

Anon. – extremely artistic and
talented in so many ways and I
really like her

Matt – has a good aura and
people enjoy his company

Chad – is a fun-loving person
who can admit when he is
wrong

~Deanna M



Change

Change brings pains along
with gains to rearrange a circle
of friends that can pan out
doubts

Change without shame makes
it meaningful to claim

Change for the good life
brings a brighter light for all
others to see what your
capability can be

Change life, love
Learn without burns
Concerns come out
It's awesome splurging with
blossoms

Much love and may blessings
be with you: Praise Him, God

~ Teresa



From Daily Affirmations:

Today I turn to that quiet
place within me and find
ever-present renewal,
strength and refreshment. I
feel no pressure or stress. I
have an inner calm. I am
restored, and I live in joyous
existence.

Strain and pressure are made
by man but they need no
belong in my world.

Today I am relaxed and at
ease around others. I feel the
quiet strength of my Higher
Power and I allow the joy f
serenity to enfold me.





Untitled

Mother

I'm in need of a friend
for I'm drowning in
disarray

Mother

It is you I depend on
to pull me out of this
misery
Like a hero I've always seen
you even though I would
never say
And through th' years
The laughter and th' tears
It is you who is strong in th'
right and th' wrong
You're a tribute to th' world
that blood is thicker than
water.

I'm tryin' to say that I love
you.

I'm tryin' to say that I need
you.

Father

I'm in need of your hand
So I can face th' world
bravely

Father

Do you understand what it
is you mean to me.
Like a warrior you always
conquered every battle you
had to face.
And in th' hard times, life
was a little fight, it is you
would give
So unselfish you lived,
you're a tribute to th' world
that blood runs thicker than
water.

I'm tryin' to say that I love
you.

I'm tryin' to say that I need you.

