

Your Support by the Numbers

Do you know what your support helps accomplish? With your help CenterPointe offers a broad range of programs and services to help people overcome homelessness, mental illness and addiction.

Here is a snapshot of your impact in one 24-hour day:

235 nutritious meals served

102 people have safe, affordable homes

86 phone calls between clients and case managers

68 personal visits by case managers and support workers

63 rides to CenterPointe programs or community appointments

40 individual therapy sessions with dually-licensed professionals

28 group sessions to support healing and recovery; promote independent living; and manage mental illness symptoms

This is a brief look at just a few services that are easy to count. Everyday we draw on your support to recover lives and restore hope in thousands of little ways that cannot be counted but that make an incredible difference. Thank YOU for being part of our team!



Gloria and Allen Terveer have been CenterPointe supporters for more than 20 years!

Your Shining Light

A spotlight on
CenterPointe Star Supporters

Gloria and Allen Terveer are Star Supporters. They give from the heart and have unique ways to encourage our clients to stay the course of treatment.

It all started because of their son Stan who struggled with cocaine addiction and depression.

They wish Stan had been able to come to CenterPointe for help. Tragically, a car accident ended his life when he was only in his mid 20's.

In his room, Gloria found a newspaper with an article about CenterPointe folded out. She believes he folded the paper as a reminder to check out CenterPointe's programs.

Gloria and Allen know, although Stan didn't overcome his own battle, many men and women are fighting similar battles every day.

So, they put together a box of household items to give to a man who was graduating residential treatment. And, they liked it so much they continue to help program graduates with cleaning supplies and household items.

It isn't a fancy kit – nothing big or flashy. But they both know how much it helps to have those things on hand

continued on page 3

Notes for Partners

My Good Fortune

I had the fortunate occasion to run into two of our current clients as they returned to Adult Residential to "touch base" and say thank you.

They just graduated from our Day Rehabilitation program and were taking the steps toward employment and a fully independent recovery program. They were well dressed, had a palpable sense of confidence and impressed me to where I'm still thinking about it.

It wasn't too long ago that I witnessed one of them emerging from the fog of addiction and untreated mental illness, saying that for the first time in his life he "saw a future."

These two gentlemen have endured a battle. They have the confidence of people who have done the hard work to know themselves.

It is and will be one step, one day at a time. But they give hope to the many that say the hill is too high to climb, too far to endure and not worth it. One look at these two tells otherwise.

The saying on my desk is "Where there is no hope, there can be no endeavor." Our business is hope. And, with help from caring people like you we are keeping our business strong.

So, here's to you and the hope you are helping to provide!



A handwritten signature in blue ink that reads "Topher Hansen".

Topher Hansen, J.D.
Executive Director,
CenterPointe



Exciting New Services for Teens

Together we are recovering lives and restoring hope in new ways!

CenterPointe is submitting an application to the state to launch a new program that will serve teens with substance use or co-occurring substance use and mental health disorders.

CenterPointe's Youth Intensive Outpatient Program will provide therapy and services for teens and families three hours a day, three days per week. Kids will remain with or return to their families and communities while they are being treated.

The program will serve teens with significant problems that need more structure than traditional outpatient care but less supervision than a residential program.

"If approved, this program extends our continuum of care," says Michelle Nelson, CenterPointe Clinical Director. "We can provide a transition for kids leaving residential programs and hospitals. And, we can be there for families and kids who need concentrated services but who don't require residential treatment."

Teens participating in intensive outpatient care learn skills for ongoing recovery and tools for living successfully in the community with their mental illness.

"The program will offer weekday services and 24/7 phone support for kids and families without placing kids in a residential setting," Michelle shares. "This is a very important program and one that's not currently provided for kids with co-occurring disorders."

Thank you for your support as we seek to expand treatment options for youth.

Do you want to be updated on the status of our application? Send us your email address and we'll keep you informed electronically.



Volunteers Needed *You can make birthdays brighter!*

Whether it's poignant or funny, home made or store bought a birthday card makes you smile. And, who can resist the delight of a couple of birthday balloons?

Are you someone who can provide a card and balloons for a client celebrating a birthday?

If your answer is yes, you are invited to join the CenterPointe Birthday Crew. Birthday Crew volunteers will bring a bit of joy to someone in treatment.

Many of our clients have limited or no contact with extended family. Your simple act of kindness lets our clients know you care and brings a smile that can last for days.

Volunteers will be notified one week in advance via email when there is a birthday and whether it is for a teen or adult. Cards and balloons can be delivered to our 2633 P St offices on or near the birthday.

We will limit the number of programs and clients celebrating based on the number of Birthday Crew volunteers. The goal is to have enough volunteers that each one is only called on two to four times in a year. More volunteers = more celebrations!

You can get involved by calling Abigail at 402.475.8717 or emailing aswatsworth@centerpointe.org

when you move to a new place. Especially true if you were living on the streets before treatment.

Gloria shops for bargains to make sure the men and women in residential treatment have one or two gifts to open during the holidays. New socks, hats and gloves, pajamas, etc. get wrapped and brought to the office just before Christmas.

Finally, they give in Stan's honor from their fixed income when they can so that CenterPointe can meet the hundreds of other needs all our clients have every day.

Thank you Gloria and Allen, for shining your light on the women and men we serve. You are truly CenterPointe Stars!

Center Yourself

There is no time like the present to be creative! Creative expression engages the pleasure centers of our brain and helps reduce stress and anxiety.

I'm not an artist you say? Creative expression can take many forms. Here are some creative things you may already do:

Cooking a meal / Building Lego with your kids
Setting the table / Vegetable or flower gardening
Displaying a collection / Organizing your tools
Matching your clothing / Coloring books or finger paints with kids / Mowing the lawn in a pattern
Rearranging the furniture

Be in the moment when you do any of these things, notice the beauty and experience how good it can make you feel. Remember, it's your life to live and you are the artist of your every day experiences.

CenterPointe's mission is to help people with substance use and mental health problems attain healthier, more productive lives.

Administrative offices:

2633 P St, Lincoln NE 68503 | 475-8717
Newsletter editor: Abigail Swatsworth
aswatsworth@centerpointe.org

Join Us...

Lunch & Learn with Topher Hansen
12noon – 1pm
2633 P St Please RSVP

Do you want to know more about how you are making a difference? Join us for a simple, free lunch and hear a presentation about the programs and services you support.

We will inform and educate you. We will not ask you for money.

- Friday, March 3
- Friday, April 9
- Monday, May 10
- Wednesday, June 16

aswatsworth@centerpointe.org or 475.8717 ext 133
to RSVP or for more information about events.

CenterPointe – Electronic Style

Be part of our online community, join the discussion, stay in the know!

Follow CenterPointeNE on Twitter

Become a fan of CenterPointe on Facebook

Send us your email address to get occasional stories and poems written by clients, breaking news and information about additional events.

We will conveniently connect you with the heart of our programs. We will not sell, rent or trade your email address.

FACTOIDS

to Fight the Stigma

Did you know?

May is Mental Health Awareness month.

April is Alcohol Awareness month.

1 in 4 Americans has a diagnosable mental disorder at any given time.

50% - 60% of people with severe persistent mental illness have an accompanying substance addiction.

Spread the word!

How You Can Help!

A list of creative ideas to support women, men and teens on a path of recovery

You can clean out your basement/attic; have a garage sale and donate the proceeds. Sell some baked goods, soda or other snacks to raise additional money.

You can ask for donations to CenterPointe as a gift for your birthday, anniversary, or bar mitzvah.

You can save all your change in a jar for 3 months and challenge your friends to save with you. Offer to buy lunch for the winning saver. Cash in and donate all the savings!

You can sign up to make a small monthly gift on your credit card. Use the enclosed reply piece to sign up today.

You can suggest that your service club make a gift, hold a fundraiser or invite CenterPointe to speak at a meeting.

You can read a book about mental illness or addiction and invite CenterPointe to talk to your book club. Talk to a librarian for a book suggestion.

You can volunteer to bring a card and balloons for a client's birthday.

You can recycle your aluminum cans.

You can write a letter to the editor about why CenterPointe is important in our community.

You can donate tickets to a baseball game or other sporting event.

You can follow CenterPointeNE on Twitter.

You can put CenterPointe in your will.

You can teach a "how to" class for a small fee—how to bake bread, how to re-pot violets, how to hang a picture—advertise in the church newsletter.

You can become a fan of CenterPointe on Facebook.

You can donate a portion of your business's profits for one day.

You can have a lemonade stand on a hot, hot day.

You can give through your employer's workplace giving campaign.

You can talk to someone about why you support CenterPointe.

For more information on these or other ideas, contact Abigail at 475.8717 ext 133 or aswatsworth@centerpointe.org.