

Thanks to you, “I love my new home!”

This is the story of Pat and how you impacted his life.*

Pat was referred to CenterPointe because he had never been able to live independently for more than three months at a time.

He was hospitalized over and over again because his mental health symptoms were so severe. Every time he had to go to the hospital, he would lose the apartment he was in.

Pat also had a history of putting himself in vulnerable situations where others would take advantage of him, both emotionally and financially.

He reported these situations often resulted in “blowing up.”

Your generous support helped Pat move into his own subsidized apartment and work one-on-one with a CenterPointe Case Manager.

With this support Pat is now learning to cook meals, budget money and manage symptoms.

He is also expanding leisure activities — something he identified as a primary cause of previous struggles.

In a little less than one year, Pat and the staff both report that he is successful. He hasn't experienced an incident he couldn't manage and hasn't blown up like he used to.

He experienced only one instance of hospitalization compared with multiple visits in the year previous. And, because he was enrolled in a CenterPointe housing program he was able to stay in the same apartment.

Now, Pat has pride in himself and the independent living skills he's gained. Thank you for helping make this possible!

Pat often shares with us how much he loves his new home. Almost every time his case manager works with him he says, “Thank you for helping me so much.”

These thanks go to you. Without you, Pat could never have made such strides.

Your support really does make a difference in the fight against homelessness, mental illness and addiction!

**Pat is not this person's real name, but this is his/her real story!*

Center Yourself

This is a time of new beginnings. It's a good time for you to focus on the positive things in your life and take control of your own wellness.

CenterPointe has teamed up with Essential Learning to bring you awareness and free educational opportunities on health, mental health, and addiction issues!

The Education Center features over 120 confidential courses for you to take advantage of.

The courses are self-paced and an easy alternative to learning the information you care about.

And, be sure to check out WRAP – Wellness Recovery Action Planning.

This tool allows you to create a wellness plan for a healthier lifestyle.

You can create a step-by-step plan that is specific to your daily habits.

You can access the Community Education Center by clicking on the “Education Center” quick link at www.CenterPointe.org.

Notes for Partners

New Beginnings

How about this for a new beginning: you have a great family and job, you're interesting and interested in the world, but you worry a lot. It keeps you up at night, except when you have a lot to drink.

Things you can't control weigh on you. Conversations in your head are frustrating, endless and never have a good result. This is the beginning of more pronounced symptoms of a mental health problem and maybe a substance use problem that needs attention.

Then there is the new beginning of returning to a healthy, productive life. The first order of business every day is treating your mental health and substance problems and living a life focused on recovery.

Life has its chapters, some more challenging than others, but most all of them are just chapters in your book.

New beginnings imply a change in direction on how you live, think or believe. It's not always easy, but it can have great reward in your quality of life.

Thanks to your support the people we serve are changing the way they live, think and believe. They are finding new beginnings and lasting recovery. They couldn't do it without you! Thank you.



Topher Hansen, J.D.
Executive Director,
CenterPointe

2011 Tribute Gifts

Making the future brighter for people in recovery

Tribute gifts help provide one-to-one work with people in recovery. Whether it is through treatment, counseling, community support, or peer support your thoughtful gift directly cares for people in need.

You are providing a caring ear to listen, a gentle word to calm and a steady presence in the storm.

Your tribute gifts are deeply appreciated! Thank you for allowing us to help you celebrate these people during 2011:

In honor of Kathy Ahrendt for Christmas
Paul Ahrendt

In memory of Dorothy Dahl
Karl Skinner and Larry Pankoke

In honor of Bryn Gardner for her work at CenterPointe
Anne Kathleen Sheedy Gardner

In memory of Bradley Lange
Linda and Gary Lange

In memory of Randall C. Miller
Norma Miller

In memory of Terry Nygren
Dottie Shapiro

In memory of Burkett Powell
John L. Hoppe, Jr.

In memory of James M. Purdy
James & Darlene Purdy

In memory of Jeanne Robare
Sandra Robare
Kelly Robare

In honor of Dottie Shapiro for her Birthday
Robert Shapiro

In memory of Ron Showen
Rick & Linda Golden

In memory of Stan Terveer on his birthday
Allen & Gloria Terveer

CenterPointe helps people with mental health and substance use issues
live healthier, more productive lives.

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

Kind Hearts Give In-Kind Gifts

So many wonderful people in the community open their hearts to the women and men of CenterPointe! Here we can shine a little light on these amazing people and organizations who shine their light in the darkness to let people in recovery know they care.



The Single's Ministry group at St. Mark's United Methodist Church raised money, shopped, wrapped and delivered nine laundry baskets full of household items like laundry soap and cleaning supplies.

These baskets made Christmas brighter for the nine young adults, ages 18 – 24, in our Transitions program. The Single's Ministry also made sure each basket contained treats and full Christmas stockings!



When Paul Ahrendt wanted to make Christmas brighter for his wife, Kathryn Ahrendt, he decided to make a food donation for people in recovery in her name.

Kathryn's gift

filled the freezers and pantries of six veterans in our new Veterans Permanent Housing Project, and nine young adults in Transitions supportive housing.



Disabled American Veterans, Chapter 7, shared their gratitude for the servicemen living in our Veterans Transitional Housing Program.

Gary Grosskopf (L) and Greg Holloway (R) deliver Thanksgiving dinner — turkey, side dishes, and pie to brighten the holiday! VTH program director Johnny Rodriquez (C) accepts the donation. They also delivered Christmas dinner and gifts!



Gloria and Allen Terveer continued their Christmas tradition! Every year they shop for and wrap gifts for the 16 men and women living in our long-term Residential Treatment program.



Abigail Swatsworth (L) accepts a generous donation from Teresa Ingram (R) of Lincoln Benefit Life. This donation was collected from the caring employees in the Underwriting and Marketing departments. Gifts for the 18 men and women living in our Touchstone program brought joy on Christmas morning.

Special thanks to Susie Laws who volunteered her time to wrap gifts! And, thanks to Scooter's and Cherry on Top for donating a portion of their sales recently.



New Partnership On the Front Lines

You, CenterPointe and People's Health Center providing integrated care

Your partnership helps people experiencing homelessness, mental illness and addiction to live healthier lives.

The people you are helping experience other obstacles to their wellness — very low or no-incomes, and untreated medical issues.

People's Health Center (PHC) has been providing our clients access to healthcare through a grant from the Community Health Endowment and funding from Region V Systems.

PHC believes in integrated care and saw the need for more access to behavioral healthcare services among the broader group of people they serve.

We're so pleased to share with you that we've developed a new partnership to provide brief behavioral health services within the PHC clinic setting!

A new fulltime CenterPointe counselor meets with patients right in the exam room and provides brief, solution focused interventions.

We're so proud to count you and People's Health Center among our partners. We continue to look for new and innovative ways to help our community fight for those in need.

A Match Made in Heaven

Grow your love with help from your employer

**Your love for CenterPointe programs and services makes such a difference!
Every gift helps to recover lives and restore hope in our community.**

You may be able to increase the value of your gifts to CenterPointe through a matching gift from your employer!

Here is just a brief sample of companies that match employee contributions:

Aetna	GE	Pepsi Beverage Company
Allstate	Home Depot	Pfizer
Ameritas	ING	US Bank
Bank of America	Novartis	Verizon Wireless

**Some companies like Walmart and Land of Lakes match volunteer hours!
Inquire with your employer about whether they match gifts and grow your love for CenterPointe.**

Spring into a Championship!

We are so grateful to the members of the CenterPointe Champion's Circle. They are a special group who make a big difference for people overcoming homelessness, mental illness and addiction.

You can become a member of this elite group by signing up to make a monthly gift of any amount!

When you become a Champion's Circle member you get special recognition and receive fewer requests for support during the year.

You also get the special feeling that comes from giving a significant annual gift through a series of smaller gifts.

Maybe you want to give a big gift but don't have the means to write a big check. Monthly donations are perfect for you because it's super easy to make a bigger gift when you spread the giving out.

Please use the enclosed response card to start your monthly gift or call (402) 475 – 8717 for more information.

*Join the Champion's Club
with a Monthly Gift!*