

YOUR GIFTS AT WORK

More people find hope than ever before!

We are committed to being good stewards of your support. We know it's important to you that as many people as possible have access to care at CenterPointe.

Thanks in part to your support; people who need Outpatient Counseling at CenterPointe do not have to wait weeks to see a therapist. That's right – no more waiting list for Outpatient Counseling.

With the help of generous supporters like you, CenterPointe recently completed a project with a process improvement consultant to increase the number of people accessing Outpatient Counseling services.

Now, your gifts are helping to offer Open Access admission every Monday through Thursday from 9 a.m. to 11 a.m.

When someone is ready for counseling, they can come into the office during these times, complete intake paperwork, and participate in a biopsychosocial assessment all on the same day. Up to three people can be admitted this way during Open Access time slots.

In most cases, Open Access can provide same-day services. This allows us to serve more people than ever before.

Because you care enough to support us, we've increased our capacity by 25% in just the short time we've been offering Open Access. We couldn't do this without your generous gifts.

You are truly recovering lives and restoring hope for people overcoming homelessness, mental illness and addiction.

Open Access for Outpatient Counseling

1000 S 13th St
Monday – Thursday
9am – 11am

For more information about Open Access, talk with Outpatient Program Director, **Adam Proctor** or Intake Specialist, **Cathryn Alpaugh** at 475-5161.

Contact us today for more information on CenterPointe, and how you can help!

2633 P St, Lincoln NE 68503
(402) 475-8717

Newsletter editor:
Abbigail Swatsworth
aswatsworth@centerpointe.org

RECOVERING LIVES

Two former clients speak out about their success

Your support helps people to succeed in recovery. Every day our staff sees the progress of the people who your support is impacting. No matter how small, every success is worth celebrating.

Last fall two former clients agreed to participate in a video project to share their personal stories of recovery. The video, produced by Reliant Studios, is a moving testimony to the power of your support.

In the video you can see how Lyn and Rob found lasting recovery. Each of them overcame numerous obstacles to become healthier, more productive members of our community.

Now they are bravely and generously giving back by helping others to know that recovery is possible.

If you haven't seen it yet, please view it at www.CenterPointe.org.



LYN

Lyn is alive because of CenterPointe.



ROB

Rob is engaged in the community.

A SPECIAL GIVING OPPORTUNITY

IRA Charitable Rollover
Available in 2013

Do you own a Traditional IRA? You may be able to use it to make a gift to charity this year.

If you are age 70.5 or older, you are eligible to transfer up to \$100,000 from your Traditional IRA to your favorite qualified charity as a gift during 2013.

What are the benefits of an IRA Charitable Rollover?

- 1) You can support the work of your favorite charity from assets that might not otherwise be available to you.
- 2) People 70.5 and older are required to take a minimum distribution from their Traditional IRA. You can gift this entire amount or a portion of this amount to a qualified charity. Because the gift is made directly to the charity, you do not have to count the donated amount as income.

If you want to make this kind of gift, it's best to provide written instructions that you intend to make a gift from your Traditional IRA and ask that the gift be distributed directly to the charity. It is very important that your administrator not make the check out to you personally.

IRA Charitable Rollover gifts can be made anytime during 2013. If you choose to wait until the end of the year to make your decision, remember to contact your administrator in plenty of time to ensure the gift is received by your charity of choice by December 31, 2013.

As with any special gift, we strongly recommend you talk with your tax advisor to discuss the IRA Charitable Rollover.

Starting Fresh

How your gifts can make a difference

Thank you for being an important partner in our recovery team! Your support is helping people turn their lives around and become healthier, more productive members of our community.

Because many of our programs specifically serve people who are homeless, it's common for people to need basic household and personal items.

We believe people can focus more on their recovery if their basic needs are met. You can help!

While we don't have a lot room to store your gifts, you can still help us have some small, but necessary, items on hand.

CENTER YOURSELF

We experience emotion in two ways - psychological (what we think) and biological (what we feel).

When you think of an emotion like anger or sadness as negative you may stop yourself from completely experiencing it and store it up.

Experts agree that storing up emotions can lead you to be unhealthy both mentally and physically.

Remember that all your emotions are valid. Let go of your judgments about whether a particular emotion is good or bad.

Find a way to physically express your emotion. Grab a box of Kleenex and a sad movie and give yourself permission to cry.

Living through your emotions rather than looking for ways around them will help you live your best life.

If you are stuck in unhealthy patterns of storing up your emotions, consider getting help from a trained therapist.

These new items can help someone in need and are easy to store:

- Kitchen-sized trash bags
- Toilet paper
- Feminine hygiene products
- Laundry detergent
- Cleaning supplies
- Cotton socks
- Paper towels

You can donate any of these items by dropping them off at our Outpatient Services facility at 1000 S 13th St during business hours.

Occasionally we can accept larger household items. If you are interested in making an in-kind contribution of another item, please contact Abbigail Swatsworth at 475-8717 to learn whether there is a current need.

Every day people are starting fresh and finding recovery thanks to you. THANK YOU!

New Program for Veterans

TRANSITION IN PLACE HOUSING

Your support for our Veteran's programs is so deeply appreciated! You'll be glad to hear we've recently launched another housing program for vets.

Veterans Transitions in Place provides rental assistance and case management support to veterans who are homeless and have mental health problems or co-occurring disorders.

Veterans assume the lease to their apartment upon completion of the program allowing them to transition to permanent housing without having to move to a different apartment.

Thanks to all you terrific landlords we've worked with to get the program started. And, thanks to you for your support of those who've served.

For more information about this program contact Dennis Hoffman, Director of Housing and Supportive Services at 475-8717.

We Remember...

Thank you for helping people who are overcoming homelessness, mental illness and addiction to find lasting recovery through generous honorarium and memorial gifts. These gifts were given during 2012.

In honor of Ashton M. Kerst
Wallace J. Gant

In honor of Gregory and Channel Krafka
& Family
Darren Krafka

In memory of Bradley J.D. Lange
Linda & Gary Lange

In memory of Tim Meier
Michelle Smith

In memory of James M. Purdy
James R. & Darlene Purdy

In memory of Darlene Purdy
Thais Finegan
Clark & Amy Hemje
Robert & Brenda Hemje
Jack & Shirley Lang
Norma & Kenneth Orr
Robert Orshek
James R. Purdy

In memory of James R. Purdy
Wayne & Donna Faye Copes
Marvin & Jane Goodding
Robert & Brenda Hemje
Robert Orshek

In memory of Jeanne Robare
Kelly Robare
Sandra Robare

In memory of Ron Showen
Rick & Linda Golden
RoJean L. Landenberger
Susan K. Wittler

In memory of Lynn D. Summers
Nadine H. Summers

In memory of Stan Terveer
Allen & Gloria Terveer

In memory of Becky Wild
Lori S. Wild

Upcoming Events

Do you like to mix your fun and philanthropy? Add these dates to your calendar! You are invited to join us at one or all of these events in Lincoln.

Cherry on Top – 28th & Pinelake

Wed, March 20, 2013 4pm – 7pm

Celebrate the first day of spring with super yummy yogurt and terrific toppings. 15% of your purchase will come back to CenterPointe!

Noodle's & Company – 14th & P

May 1, 2013 4pm – 9pm

Celebrate May Day and help us kick off Mental Health Awareness Month! Tell them you are dining out for CenterPointe and 25% of your purchase will help us recover lives.

Give to Lincoln Day, CenterPointe, 2633 P St

May 16, 2013 www.givetolincoln.com

Give a gift online May 16 from 12:01am– 11:59pm! Or drop off a gift at our office and get a cookie! Gifts will be matched by Lincoln Community Foundation.

Scooter's Coffee & Yogurt – Haymarket

June 21, 2013 2pm – 5pm

Grab a cold coffee drink or a sweet treat with friends for the first day of summer! 15% of sales will benefit CenterPointe programs. Increase your impact with a gift card purchase

Friday Nights Live Concert Series – SouthPointe Pavilions

Every Friday night in July
Center Courtyard 6:30pm – 8:30pm

Bring a lawn chair and enjoy a free concert! Free will donations will be collected during intermission. Check our website, www.CenterPointe.ort, for information about bands as we get closer to July.

*Have Fun &
Make a Difference!*

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