

# WHEN I DIDN'T BELIEVE IN MYSELF, YOU BELIEVED IN ME

*How you helped Dave recover his life*

**Y**our gifts help people to overcome homelessness, mental illness and addiction. Every day your support is changing and saving lives. Dave recently shared his story with our board and he gave us permission to share it with you...

Dave tried treatment multiple times – including twice with CenterPointe – but couldn't stay on his medications or stay sober. Nothing stuck and he kept ending up in trouble with the law, losing his apartment, and ending up homeless.

Last year he was living in an abandoned semi-trailer when you helped offer him housing through a program targeting people experiencing chronic homelessness. You helped him settle into an apartment where he worked with a case manager. Dave agreed to attend CenterPointe's Day Rehabilitation program.

Dave started making progress. His mood was more stable but he was still struggling with substances. Despite these struggles he participated in services.

He shared with us that one day he went home and found his apartment full of people who were using. Something clicked – he realized this was not how he wanted to live his life – he kicked them all out.

You helped offer Dave a spot in Residential Treatment. And, your support helped us cover the cost while we worked to secure the funding Dave was entitled to. Your support was essential to Dave completing treatment and successfully maintaining his recovery after treatment.

Now, you are helping Dave stay connected with CenterPointe services to learn more about living in recovery. He shares, "When I didn't believe in myself, you believed in me. I never would have had this without you. You never gave up on me. Thank you for that."

These thanks are yours. Thank you for believing in Dave. Because you care enough to support us, we can provide a full continuum of services that people like Dave need to find lasting recovery.

# YOU ARE HELPING US GROW

## *CenterPointe expands Day Rehabilitation services*

Thanks to you, CenterPointe is growing our services to provide care to more people than ever. We were recently awarded the contract to provide Day Rehabilitation services to women and men previously served by Community Mental Health Center.

Your support has enabled us to provide a successful Day Rehabilitation program for the last 19 years. Through this program people are learning the skills they need to live stable, sober lives.

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# YOUR CHANCE TO MAKE A DIFFERENCE AT WORK

## *Two easy ways to support CenterPointe at the office*

Does your workplace participate in workplace giving? Maybe your office has an annual United Way campaign. Maybe your employer matches your gifts.

You are encouraged to remember CenterPointe when your workplace offers you the opportunity to support organizations that are making a difference.

Because generous people like you care enough to participate in workplace giving campaigns, CenterPointe can provide a broad continuum of more than 20 different programs and services for homeless and low-income people.

Every day people in our programs are striving to live healthier, more productive lives. Your partnership through workplace giving helps them overcome homelessness, mental illness and addiction.

## *Two ways you can give:*

- 1) You can designate a portion of your payroll deduction gift to CenterPointe:  
United Way or Community Services Fund code: 6305  
Combined Federal Campaign code: 24377
- 2) Ask your employer if they provide matching funds for your charitable gifts. Fill out and mail a matching gift form with your next gift.

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Day Rehabilitation provides daily structure and teaches skills in social interaction, leisure planning, budgeting, healthy eating, symptom management, and relapse prevention. Learning these and other important skills helps people maintain a healthier, more productive life.

Your support will be important as we welcome new people into CenterPointe services. We are actively planning the transition which we expect to be complete in October.

We're committed to keeping consumers, staff, and supporters informed as we move through this process. Thank you for your trust in us and for your partnership in providing high-quality care.

# CONNECTING YOU

*with causes you care about most*

CenterPointe is proud to be a member of Community Services Fund (CSF). CSF is a diverse federation of 48 nonprofit organizations making a difference in Lincoln and across the State.

CSF conducts workplace giving campaigns for member agencies – helping you connect to CenterPointe and other member agencies through your workplace.

CSF does not use an allocation process. You are encouraged to designate your gift to the causes you choose to support.

We deeply appreciate every donor who chooses to support CenterPointe in this way. We know you have a lot of choices in how to invest your money. THANK YOU for investing it in people working toward recovery.

For more information about Community Services Fund, member agencies, or bringing a CSF campaign to your workplace: [www.communityservicesfund.org](http://www.communityservicesfund.org) or 402.489.4332



**Community  
Services Fund  
of Nebraska**

# Discovering *THE* Future

Celebrating 40 Years!



Thanks to generous supporters like you, CenterPointe is celebrating 40 years of life-saving behavioral health services in our community! You have helped us to grow from our early beginnings as one program serving 8 people to more than 20 programs serving 500 or more people on any given day.

Did you know that in addition to our anniversary, it's the 50th Anniversary of the signing of the Community Mental Health Act? This is a great year to celebrate!

That's why we're so excited to be bringing Patrick J. Kennedy to share his personal passion for "Fighting the Stigma of Mental Illness" as the key note speaker for our Gala event. Patrick was the key Congressman sponsoring legislation to create insurance parity for mental health and addiction treatment. More than an ally, Patrick readily shares his own struggles with mental health and substance use issues.

After 16 years of public service, Patrick is now working tirelessly to advocate for research on brain disorders and speaking publicly to break down the stigma of brain diseases.

Congressman Jeff Fortenberry, who was instrumental in helping us to bring Patrick to Lincoln, will provide introductory remarks at the event. You are invited to join us!

## DISCOVERING THE FUTURE Celebrating 40 Years

Tuesday, October 15th

Rococo Theater

5:30pm – 8:30pm

For more information or to register online go to: [www.centerpointe.org](http://www.centerpointe.org)

402.475.8717

## CENTER YOURSELF

There are a lot of studies that link physical activity with mental wellness. Warm weather is great weather to get creative with your activities! It's also great weather to release your inner child.

Try these activities to get yourself moving:

- Water balloon fights
- Hopscotch
- Jump rope games
- Running through the sprinkler
- Hide & Seek in the park

You can be a kid at any age! Have fun and feel good.

## YOUR INVESTMENT AT WORK

### *CenterPointe to provide 24 hour Crisis Line*

CenterPointe will be the new provider of Lincoln's 24 hour Crisis Line. The crisis line will provide behavioral healthcare intervention and will work with Lincoln's Police Department to help assess individuals who are experiencing a mental health or substance use crisis.

The Crisis Line was previously provided by the Community Mental Health Center. More information will be provided in the coming months.

# SHINING STAR AWARD

This year CenterPointe is proud to recognize Anthony Steels with the CenterPointe Shining Star Award. This award recognizes someone who is excelling in recovery.

Anthony played football for the Nebraska Cornhuskers from 1978-1981. After college, Anthony went on to the National Football League where he played for the San Diego Chargers and Buffalo Bills.

Anthony frequently shares his own humbling story as a former professional athlete who struggled with mental illness and addiction.

Anthony credits CenterPointe as an important part of his journey to understand his mental illness, overcome his substance use issues, and live a life of recovery.

He is a counselor, mentor and public speaker today. The Kim Foundation named him as the 2013 spokesperson for the Don't be Sidelined mental health awareness campaign. He is truly a shining star – a beacon of hope for others and a light shining in the darkness of stigma.

To see Anthony accept his award, please join us at the Discovering the Future event on October 15th.

For more information about the event: [www.CenterPointe.org](http://www.CenterPointe.org) or 475.8717

## CENTERPOINTE AT SOUTHPOINTE PAVILIONS

Join us Friday nights in July to enjoy free music for a good cause. CenterPointe is the featured non-profit at the SouthPointe Pavilions Friday Nights Live concert series.

We'll be collecting donations from the audience to benefit homeless and low-income people in recovery. Hampton Family Foundation will match the first \$500 we raise dollar-for-dollar!

Bring a lawn chair, kick back, and groove with us...

**SouthPointe Pavilions – Center Courtyard | South 27th & Pinelake Road**  
**6:30pm – 8:30pm**

**JULY 5TH** - Hardwood Dash (Patriotic/Rock)

**JULY 12TH** - Jarana (Flamenco/Latin/Rumba)

**JULY 19TH** - One More Time (Classic Rock/R&B)

**JULY 26TH** - The Fab-Tones (Rockin' R&B)

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

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