

# CenterPointe

pivotal treatment for recovery

Your CenterPointe Newsletter

Summer 2014

## A HAPPY ACCIDENT

Your support helps with 180° turn around

Not long ago a CenterPointe case manager was visiting Lincoln's local detox facility. We have a close working relationship with this organization and, in truth, many of the people at CenterPointe need repeated alcohol and drug detoxification services while they work to turn their lives around.

As the case manager turned a corner in the offices, she almost ran smack into someone she knew had been at CenterPointe. Her first thought was concern that things were not going well for John\*. She knew that he had worked hard to stop drinking and had been doing well the last time they had contact.

## POSSIBILITIES

Recovery opens doors

Mental illness and addiction are chronic diseases that destroy families and derail human potential when left untreated. However, treatment works. Recovery is possible and success is measured in both big and small ways.

Your support makes such a difference to people in recovery. Every day people are gaining control of their lives thanks to caring people like you who commit to supporting CenterPointe services.

Here are some examples of recovery success:

*People living with mental health and substance use issues want the same healthy, productive lives we all want. Thank you for helping homeless and low-income people to open the door to a better life for themselves and their families.*

But, right away John's face broke into a big smile. He was happy to see her and declared "I work here now. Isn't it great!" They had a brief conversation about his continuing journey of recovery and his hope for the future.

Your support makes John's happiness and success a reality. Every day you are helping to meet people where they are and supporting them to gain control of their lives. We so appreciate your gifts which help us to ensure that pivotal treatment for homeless and low-income people is accessible. Thank you!

For more treatment success stories, check out our website at [CenterPointe.org](http://CenterPointe.org).

*\*John's name has been changed.*

- Renewing relationships with adult children, siblings, or parents
- Hosting family members for a holiday meal
- Finding a new hobby that brings joy and expresses creativity
- Learning to sort laundry, buy groceries, and wash dishes
- Attending GED, vocational, or college courses
- Obtaining meaningful employment
- Expressing emotions in healthy, constructive ways
- Regaining custody of children who were placed out of the home
- Accessing healthcare and dental care

## CENTER YOURSELF

Summer is a popular time for travel. It's important for our mental wellness to take a break from regular activities. If you can't travel there are still great things you can do in your own hometown to refresh your mind.

- **Spend time at the local pool**
- **Visit local museums**
- **Take an art or crafting class**
- **Walk or bike on nature trails**
- **Camp in your backyard**
- **Visit the local zoo**

Whatever you plan for this time of year, remember to include some time that renews you. Any of these activities can be great ways to center yourself.

## DO SOME GOOD WITH YOUR GROOVE CenterPointe featured charity at July concerts

During the month of July, CenterPointe is the featured charity at Friday Nights Live at SouthPointe Pavilion. Saturday, July 5th and every other Friday during July, you are invited to enjoy free community concerts in the center courtyard of SouthPointe Pavilions. Free-will donations will be accepted to support people in recovery.

Invite your friends and bring a lawn chair or blanket to help raise funds for treatment, rehab, housing, and crisis response services. Enjoy sizzling great music, food, and fun. And, stop by our table to say hi so we can say thanks for your support!

Special thanks to Hampton Enterprises for matching the first \$500 we raise! Be sure to come out and help us meet our match.

**SATURDAY, JULY 5**  
**The Cronin Bros**  
*Roots rock & roll*

**FRIDAY, JULY 11**  
**Out Loud**  
*Classic hits 60's to today*

**FRIDAY, JULY 18**  
**The Innocence**  
*Energized classic rock*

**FRIDAY, JULY 25**  
**The Fab-Tones**  
*Rockin R & B*

## MESSAGE FROM TOPHER

### CenterPointe's vision leading the way

There are many connections between mental and physical health that significantly affects a person's quality of life.

People with serious mental health conditions are at high risk of experiencing chronic physical conditions and people with chronic physical conditions are at risk of developing poor mental health.

This major link between mental and physical health shows the importance of treating an individual holistically.

CenterPointe has been a leader in integrated care for many

years – becoming one of the first organizations in the nation to treat mental health and substance use as equally important for recovery.

I see the leading edge of healthcare further integrating substance, mental health and physical health interventions in innovative ways.

While we are years away from being the whole healthcare organization of choice, we are finding small ways to improve physical health outcomes for the people in our services.

We recently shifted our paradigm

from Case Management to Care Management. Everyone we serve now has health goals included in their treatment planning.

This change and other efforts in our programs will truly ensure that the people we serve get better, sooner, for longer.

With your support we will continue leading the way.



**Topher Hansen,**  
*President & CEO*



**DISCOVERING**  
*the* **FUTURE**

## The strength of the human spirit prevails

We are pleased to announce to you this year's keynote speaker is Herschel Walker – former NFL running back, Heisman trophy winner, and mental illness awareness advocate.



Herschel will share his personal story of living with Dissociative Identity

Disorder. Herschel shares how this disorder, sometimes known as Multiple Personality Disorder, played an integral role in his accomplishments and how he has learned to live with it today.

His compelling account testifies to the strength of the human spirit and its ability to overcome any challenge. You will not want to miss this inspiring community event!

**TUESDAY, SEPTEMBER 9, 2014**

**CORNHUSKER HOTEL**

*General tickets \$75*

*Premium tickets \$125*

*Includes private reception and photo opportunity with Mr. Walker*

For more information you can contact Abbigail Swatsworth at [aswatsworth@centerpointe.org](mailto:aswatsworth@centerpointe.org) or 402.475.8717 x133.

## GOLF WITH AN OLYMPIAN

Hit the links with Curt Tomasevicz for a good cause

Enjoy the beautiful game with one of Nebraska's most impressive athletes. You and two friends can win the opportunity to play a round of golf with Curt Tomasevicz during the *Discovering the Future Auction*.

Curt Tomasevicz is a three time Olympian and one of only six Americans to win two medals in Olympic four man bobsled - Gold in 2010 and Bronze in 2014. He and his driver were the first American athletes to win back to back Olympic medals in 62 years. With his additional

medal in two man sled, Curt has three Olympic medals in his Olympic career.

Not only an amazing athlete, Curt is a warm and funny man with a caring heart for our cause. Adult golfers of all abilities are encouraged to bid!

For information about bidding by proxy, contact Abbigail Swatsworth at 402.475.8717 x133 or [aswatsworth@centerpointe.org](mailto:aswatsworth@centerpointe.org).

# FOCUSING ON HOPE

## An 'Aha!' moment

Everyone has the ability to recover. Homeless and low-income people deserve the same high-quality services that people with insurance have come to expect. Your support ensures that all people in recovery at CenterPointe receive the highest quality care.

We are proud to share with you that every member of our Board has the opportunity to meet with the people we serve through an ongoing series of focus groups entirely facilitated by the Board. Without staff members present, members of the Board ask what's working and what's not working – ensuring feedback directly from the people we serve informs our decisions.

We are not aware of any other treatment providers fostering this connection between people in services and members of the Board of Directors.

Following a recent focus group one board member shared this aha moment, “I was just so impressed with how much hope and positivity was in the group. Despite all the traumatic things they had been through, all that had been thrown in their way, they have such a sense of hope. It was profound.”

Every day your investments are working to feed that hope. Because you care enough to support our work, you are meeting people where they are. Your contributions are constantly pushing boundaries in helping people be well. Thank you.

# MEETING PEOPLE WHERE THEY ARE

## CenterPointe Street Outreach

You've seen them on the street corners downtown. Did you know they are living in camps and under bridges? Our community is home to 956 people who are experiencing homelessness. Many of whom also struggle with mental health and substance use problems.

CenterPointe has an exciting new program that puts a CenterPointe staff member on the streets to connect with these men, women, and teens and encourage them to access services and assist them to gain housing.

Our PATH Street Outreach worker is on the streets, at the soup kitchens, in the camps, reaching out every day to make a difference.

## YOU CAN HELP BY DONATING THESE ITEMS:

- BOTTLED WATER
- COTTON SOCKS
- CEREAL BARS/SOFT GRANOLA BARS

Please drop off items at 1000 S 13th St between 8am and 4:30pm. Or, contact Abbigail Swatsworth to make other arrangements.

**CenterPointe helps the people we serve get better, sooner, for longer.**

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