

CenterPointe

pivotal treatment for recovery

Your CenterPointe Newsletter

Summer/Fall 2015

CHANGING THE ARC OF MY LIFE: A RECOVERY STORY

When I was referred to CenterPointe more than 20 years ago, I was leaving the Regional Center after a 3 month stay. I had very limited resources – I found a job in food service which only paid about \$2.00 per hour and I had to rely on tips to make ends meet as a single mom.

My counseling at CenterPointe was a lifesaver. I had to learn new coping skills that didn't include using substances, I had to heal from numerous traumas and an abusive relationship with my child's father. I had to figure out how to live an authentic, healthy life and how to be a positive parent for my young daughter.

I worked individually with a counselor and attended group counseling sessions that helped me heal and accept myself. CenterPointe helped me connect with a parenting class especially for people in recovery from substance use.

Because I was poor, I didn't have to pay for services. That meant I could stick with my treatment and make real progress. It wasn't easy but I started to reach my potential. In time, CenterPointe made a referral to Vocational Rehabilitation that changed the arc of my life by sending me to college. I'm the first in my family to graduate with a four year degree.

I still live with mental illness but today I'm in recovery, healthy and stable. I liken living with Bipolar II to living with high blood pressure – there are certain things I have to do to stay healthy including medication and positive lifestyle choices.



I know that without CenterPointe my life would be vastly different. My path would certainly have not have lead me to where I am today. I'm so lucky to have the opportunity to work at CenterPointe now and to help so many other people turn their lives around. Thank you for your support of people like me – people who want to be well, who want to live healthy lives.

Because you care, more than 600 people are accessing pivotal treatment and services today. Thank you for being there to support them.

Abbigail Swatsworth
Chief Development Officer

To read more stories of success please visit our website at www.centerpointe.org

TOPHER'S CORNER

A MESSAGE TO YOU FROM OUR FEARLESS LEADER

I am so humbled by the outpouring of your support during the recent Give to Lincoln Day. Truly amazing! Thank you – every gift, no matter the size, makes a difference. This year we were especially thankful to have a generous match from a special couple who feel passionately about recovery. You contributed \$23,825 – just shy of our \$30,000 match goal. I'm so honored that our matching donors chose to contribute the whole \$30,000 despite the fact that we fell a little short.



This brings our total from the community to \$53,825 and we're still expecting matching funds from Lincoln Community Foundation. What a day it was.

Your gifts will make a difference not only for individual lives but also for the community as a whole. Did you know, a reliable study indicates that every \$1 invested in treatment saves \$7+ in community dollars for emergency healthcare, detox and criminal activity?

Thanks again for investing in the lives of people in recovery. I look forward to many more years of terrific partnership and hope to see you at our upcoming Sept 17th gala with Mariel Hemingway.



Topher Hansen - President & CEO

CENTER YOURSELF

These days, we all depend on our technology.

Our jobs are in front of screens, our phones are glued to our hands, and our TV's dominate our down time.

Your mental health can suffer if you spend too much time with your technology, and not enough time face-to-face with the people you care about.

Take some time out of your busy schedule to connect with someone. Social interaction can boost your mood, give you an outlet for pent up emotions, and help you feel important and loved.



YOUR INVESTMENT AT WORK

YOU ARE SUPPORTING MORE THAN 30 PROGRAMS THAT MAKE A DIFFERENCE

When you support CenterPointe, you are meeting people where they are and supporting them to gain control of their lives. With help from you, CenterPointe's programs can work together. It's not uncommon for people to participate in more than one program at a time or to graduate from one program and transition into another.

Thanks to you, CenterPointe's broad continuum of care is available for homeless and low-income community members.

Here is a list of the major categories of programs your investment supports:

Treatment – residential and outpatient, individual/group/family, medication management

Rehabilitation – residential/day program/intensive home-based services to help people live independently in the community

Care Management – one-to-one services to access community resources, set goals, and learn life and wellness skills

Housing – safe, affordable housing for individuals, families, transition-age young adults, and the chronically homeless who are living with mental health and/or substance use issues

Crisis Response Services – 24hr crisis line, walk-in crisis services, partnership with Lincoln Police Department

Street Outreach – connecting chronically homeless people who are living with serious mental illness or substance use with resources, housing, and treatment services

Veterans – housing and care management for homeless veterans living with mental health or substance use issues

We cannot provide all these great programs and services without the support of caring people like you. Thank you for making sure there is no wrong door to getting help. Thank you for making a difference.

WORKPLACE GIVING

YOUR SUPER-SIMPLE WAY TO MAKE A DIFFERENCE

It's so easy to support pivotal treatment through your workplace giving campaign! When you designate a gift to CenterPointe, you help someone turn their life around. Here is what one loyal workplace donor has to say about her choice to give through payroll deduction:

"I feel that CenterPointe has set the gold standard for community-based, comprehensive programs and progressive treatment. I give because I believe every one of its programs is integral to the recovery and continued growth of its consumers. My contribution comes out of each paycheck.

I don't even miss it, but I know CenterPointe would miss it if it wasn't there. I never cease to be amazed at how far my money goes: a dollar amount equal to dinner in a neighborhood restaurant can provide a whole week's worth of meals or two hours worth of life skills education for a program resident.

I don't view my donation as a sacrifice, but rather, an investment in my community. I've seen the difference that CenterPointe makes, and, through workplace giving, I'm able to make a difference too."

Kelly Robare

If your workplace offers a workplace giving campaign, you are encouraged to designate to CenterPointe directly. CenterPointe is a member agency of Community Services Fund (CSF). We will not receive CSF or United Way funding unless you designate it.
State of Nebraska code: 708I (708 capital letter i)

United Way/Community Services

Fund code: 6305

Combined Federal Campaign code:
24377

For more information about Community Services Fund of Nebraska, visit them online at: communityservicesfund.org



**Community
Services Fund
of Nebraska**

DISCOVERING THE FUTURE - SEPT 17TH

Tickets for the Sept 17th gala featuring Mariel Hemingway are now available online. Formal invitations will mail in August. If you prefer not to purchase your ticket online and want to be sure you receive an invitation, please contact Abbigail at 402.475.8717.

Tickets at: www.CenterPointe.org



HAPPENINGS FOR HOPE

Join us for these great events to support pivotal treatment in our community. You can help someone find hope and turn their life around.

Russ's Market Community Rewards Feature Week

Donate your community rewards points for CenterPointe

Any Russ's location

June 24 – June 30

Friday Nights Live at SouthPointe Pavilions

Free concerts with free will donation for CenterPointe. Bring a lawn chair and your friends!
6:30 – 8:30 pm

July 3 – Hardwood Dash

July 10 – City Limit Band

July 17 – The 402 featuring Eddie Brown

July 24 – The Geezer Brothers

Discovering the Future

Annual dinner and auction gala at Cornhusker Marriott

September 17

5:30 – 8:30 pm

“Out Came the Sun: Overcoming the Legacy of Mental Illness, Addiction and Suicide in my Family” Mariel Hemingway

Tickets \$75 each, ticket purchase available online.

For more information on these events or to purchase tickets for the gala, you can visit our website at www.centerpointe.org.

SUMMER WISH LISTS

You can make a big difference with these simple items

Every day a CenterPointe staff person is working to build connections with men, women, and teens on the streets who are experiencing mental and substance use issues. These simple items can make a difference.

- Bottled water
- Soft cereal or granola bars
- Sandals - unisex
- Feminine hygiene products
- Facial cleansing cloths

More than 600 people are engaged with pivotal CenterPointe programs working to turn their lives around. Last year 54% of the people we served had an annual income of \$1,000 or less. These small items can help them make ends meet.

- Paper towels
- Dish soap
- Laundry soap
- Trash bags
- Cleaning supplies

You can drop items off between 8 am and 5 pm at our Outpatient Facility at 1000 S 13th St. Or, contact Abbigail at 402.475.8717 or aswatsworth@centerpointe.org to make other drop off arrangements.

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

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