

# CenterPointe

pivotal treatment for recovery

Your CenterPointe Newsletter

Summer/Fall 2016

## A VETERAN'S LIFELINE... VETERANS TRANSITIONAL HOUSING

*Thanks to you, people are turning their lives around every day! For Cody, a veteran, your support changed his life for the better. Here are some excerpts from a letter Cody sent to us:*

"I had made it through almost 58 years before I found myself homeless and living in my van in the freezing winter during January and February... Add to this fact that I have 3 disabilities and the situation became quite scary and life-threatening.

I began looking for lifelines... For me it was a blessing just finding and getting in a program.

The CenterPointe program house (Veterans Transitional Housing) has been unlike any other resource I've ever experienced or even heard about.

The house doesn't merely give six months of grace by paying for EVERYTHING, food, clean comfortable and safe shelter, they operate as a case manager by helping find you whatever help you need to deal

with the root issues that always seem to proceed your troubles, like substance or mental issues.

This has truly been a game changer for many who have been ready to get straightened out. It changed my life as well as many others who have gone through.

Many Vet's, combat or non-combat, have PTSD from service or prison, and this is a place where you can find your life and begin to heal from the demons that many have wrestled with for years.

This is the best program ever... This one works!"

With your help, Cody is a healthier, more productive member of our community. From living in his van and struggling every day to living in an apartment and working on his recovery. He couldn't have done it without you!

*To read more of Cody's letter, check out Success Stories on our website: [www.centerpointe.org](http://www.centerpointe.org)*

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## PUT A SMILE ON THE FACES OF PEOPLE IN RECOVERY SHOP FOR A GREAT CAUSE THROUGH AMAZONSMILE!

When eligible products are purchased online, the AmazonSmile Foundation will donate a small portion back to your selected charitable organizations.

Next time you shop online, please consider supporting CenterPointe through AmazonSmile.

## THANK YOU

With your help, CenterPointe provides a comprehensive continuum of care. Your generous giving ensures that when someone is looking for help, we are ready to meet them where they are. Together we are providing 30 programs in five key areas:

**Treatment** – outpatient and residential options, psychiatric medications

**Rehabilitation** – day programs, residential, intensive home-based services

**Community Support** – one-to-one support to access basic needs programs, set and maintain recovery goals

**Housing** – more than 250 people who live with mental health or substance use challenges can access safe, affordable and supportive housing

**Crisis Response** – 24hr crisis hotline, free, walk-in crisis services, support of Lincoln Police Dept.

Support from the community is essential in making sure all of our programs are accessible. Thank you for saving lives in our community!

## DISCOVERING THE FUTURE GALA YOU CAN MAKE A DIFFERENCE

Presented By



You are invited to the annual Discovering the Future gala presented by Nebraska Bank of Commerce on September 22, 2016.

This memorable night will include a reception, three-course meal, silent and live auction, and keynote speaker.

We are pleased to be bringing actress, author, and advocate Mackenzie Phillips to Lincoln.

Phillips is best known for her roles in American Graffiti and as rebellious teenager Julie Cooper on the sitcom One Day at a Time. As a teen, she made several visits to rehab before getting sober. Phillips now wishes to use her past experiences to help others and offer hope.

Tickets for the gala are \$100 each and invitations will be mailed later this summer. Or, you can purchase them at: [www.centerpointe.org](http://www.centerpointe.org)

Hope to see you on this very special night!



*Mackenzie Phillips*  
Tickets: [www.centerpointe.org](http://www.centerpointe.org)

**September 22, 2016 · 5:30-8:30 p.m.**

**Cornhusker Marriott**

*Mackenzie Phillips "Road to Recovery"*

# BE SOMEONE WHO GIVES AT THE OFFICE

When you give through your workplace — you provide pivotal treatment, rehabilitation, housing, and crisis response services for homeless and low-income community members.

Here are two easy ways you can give:

1.) You can designate a gift to CenterPointe, as part of your payroll deduction campaign

**United Way or Community Service Fund:** 6305

**Combined Federal Campaign:** 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.

*Every gift helps turn someone's life around.*

*Here is what one individual who participates in workplace giving has to say:*

“CenterPointe not only addresses an important community need, it has been vital in providing services for people I know and love. Among the things I appreciate most are the organization’s embrace of dual diagnoses, provision of judgement-free services, compassionate care and serving as a trusted voice for people with substance use and mental health disorders. It is a bonus to be able to support CenterPointe through workplace giving. With each paycheck, I know that a portion of my pay supports people in the community — my neighbors — to experience health and wholeness.”

~ Gwen Hurst

## WE REMEMBER...

We are privileged to help you remember the life of a friend or family member, or honor a special person in your life. Thank you for allowing us to help you celebrate these people:

*In honor of Tami Lewis-Ahrendt*  
Mary Barton

*In memory of Amberlyn Allen*  
Janet Waage Lingren

*In honor of Dennis Claridge*  
David Claridge

*In memory of Alex Gee*  
Paula Gee

*In memory of Jay Goff*  
Ruth Brown  
Michael J. Goff  
Susan Gunn  
Ruth N. Hudson  
Phyllis Larsen  
Jan and Roger Meints  
Cheri L. Oltman

*In memory of*  
*Lois and Allen Hansen*  
George Wolf  
Maren Hansen

*In memory of Kim Kovanda*  
Richard and Shirley Scheer

*In memory of Al Klietch*  
Mary Beth Lehmanowsky

*In memory of*  
*Martin “Jay” Langness*  
Deanna Fretag  
Joyce Hasselbalch  
Karen Lay  
Donna Lightbody  
Janet Waage Lingren  
Donna McClain  
Margaret Meints  
Kay White

*In memory of Casey Massa*  
John and Clara Bernadt

*In memory of Ruth Robb*  
Gene Robb

*In memory of Patti Steffens*  
John and Clara Bernadt

*In memory of Stan Terveer*  
Allen and Gloria Terveer

*In memory of BJ Wallen*  
Janet and Carl Eskridge

*In memory of Jennifer Wettstead*  
Jeri Coudeyras



## CENTER YOURSELF

Summer is a time of year when you may find yourself on the go constantly. Many of us hardly ever slow down — but our bodies need time to relax and refresh.

Give yourself a break. Take time out of your busy schedule to relax. Take that time and do deep breathing, yoga, reflect, or listen to calming music. These activities can decrease blood pressure, improve your immune system, relieve pain and help you focus.

### FRIDAY NIGHTS LIVE AT SOUTHPONTE PAVILIONS



Are you looking for something to do on a Friday night in July?

You can head to SouthPointe Pavilions with your lawn chairs and friends to enjoy music from local bands.

Donations will support pivotal treatment and supportive services. Bands will perform from 6:30-8:30 p.m.

**July 1 – Hardwood Dash**  
**July 8 – Tijuana Gigolos**  
**July 15 – City Limit Band**  
**July 22 – Jarana**

For more information please visit [southpointeshopping.com](http://southpointeshopping.com).

## ARTISTS ON EDGE & WRITERS' WORDSHOP

Thanks to your generous gifts and collaboration with Lincoln Parks and Recreation, Artists on Edge and Writer's Wordshop foster supportive spaces for artists and writers — both trained and untrained.

Writers read their work in local venues and publish an annual chapbook of critiqued poetry and prose. Artists submit their work for gallery showings throughout the year, where their work is available for purchase.

These programs are a great outlet for those living with substance use or mental health problems:

*"I like that I am not a diagnosis when I come to the art group. I'm seen as a skilled artist."*

*"I like that people don't come here to talk about the personal issues. I like that we discuss other things such as artwork. It helps me get out of my house and out of my mind."*

*"The groups have brightened my world and contributes immensely to my recovery goals. Interaction with the group is positive for me."*

Thank you for your support of these unique programs! Together we are improving the lives of people living with mental health and substance use challenges.

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

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