

CENTER FOR HOPE



Table of Contents

This report provides highlights of the people, priorities, and projects that create the character of Center for Hope.

Center for Hope plays a crucial and active role in the Eastern Idaho recovery community. A commitment to reach rural areas is a defining purpose that underlies all strategy and project decisions at Center for Hope.

A Word From Our Director	3
Strength & Shared Stories of Grief	5
Recovery Coaches, Education, & Community Support	6
Recovery In Action	7
Coaches Corner	8



**UNITED
WAY
HELPS TO
PROVIDE THE
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NEED TO TO
HELP OUR
CLIENTS FEEL AT
HOME.
THANK YOU!**

**"There are some who bring a light so great to the world
that even after they have gone, the light remains."
-Anonymous**

A Word from Our Director

There are times we lose someone who is highly respected and beloved in our recovery community. Jenefer June Mitchchell is one of these individuals who overcame great odds to live a noble recovery life and impact numerous people.

Losing someone in our recovery community who has made such a deep impact has been a great lesson learned for me. Jen is a role model of what I aspire to be--someone who never gives up on people who are struggling, someone who is a fierce advocate and relentless organizer of activities that were inclusive, someone who was a loyal friend to women in recovery.

When it came to family and friends, Jenefer was all in. She loved them with devotion and took care of them in a brash but loving style that kept them close and drew others to her.

When It came to softball, Jen's enthusiasm knew no bounds. She was never one to let go of good softball cause, and she often came to me to ask about funding for her sober softball escapades. She organized sober softball games on Sundays in Idaho Falls. Anyone in the community could participate and many members of the recovery community did-- including several state inmates who were granted permission to play in these games. Center for Hope covered the costs of various uniforms for specific tournaments Jen played in. She was hard to turn down, and I rarely did.

I will miss my friend and will cheer on her beloved Denver Broncos in her honor. I will never forget her incredible spirit, and I recognize that I am a more thoughtful person because of her.

Jenefer was born February 15, 1982 and passed away June 20, 2026. She will not be forgotten.



Jenefer Mitchell...
C4H is better because of you



Strength & Shared Stories of Grief

Loss is something people in recovery know too well. No AA meeting passes without more than one person sharing a story of a family member they can't stop missing, or a job they'd almost kept, of the driver's license they need but can't yet regain, or of the self-confidence they can't quite recapture.

But hidden gifts emerge from these shared stories, gifts like collective strength and the capacity to truly show up for each other. Unlike clinical support from doctors or case workers, recovery communities are anchored by peer supporters who have lived experience, the wisdom that comes with it, and a remarkable capacity to look out for each other. The National Institutes of Health (NIH) reports that this shared narrative creates a unique working alliance. It fosters immediate empathy, validation, and solidarity without the burden of explanation or fear of judgment.



The power members of the recovery gain through shared stories, through their collective journey toward potential and purpose, is especially evident in moments of grief. Dr. James W. Pennebaker, a pioneering trauma researcher explains that a cognitive shift occurs during storytelling. He notes that inhibiting or bottling up our distress forces the body to constantly fight to suppress trauma. By speaking or writing the narrative, 'we are translating the event into language. Once it is language-based, we can better understand' an traumatic event, or at least our response to it.

A sudden loss can fracture a person's sense of identity, according to the NIH. But sharing memories forces the brain to organize chaotic emotions into a sequential timeline, creating a sense of agency over an event that was entirely out of the person's control. Storytelling breaks the profound isolation of grief and the collective validation that occurs through the sharing wraps the moment of grief in layers of positive, supportive experiences. Through stories, a person's relationship to someone lost transitions from physical presence to narrative legacy. And legacies have the power to live on.

Recovery Coaches, Education, & Community Support

6,072

Self-help visits
this quarter

Groups	Recovery Coaching/ Peer Support
Idaho Falls Self Help – 5,954 Triggers – 130 Veterans Group – 177 Grief & Loss – 105 AA Workshop – 20 Rexburg Self Help – 118	Center for Hope New Peers – 42 Active Peers – 534 Crisis Center Warm Handoffs – 61 New Peers – 50 Active Peers – 345 Treatment Courts New Peers – 23 Active Peers – 175
Education	Community
Idaho Falls Recovery Capital – 29 Start Where You Are – 13 Communication – 134 Parenting – 138 Leadership Training – 13 Rexburg GED – 7	Idaho Falls Narcan Distribution – 322 Computer Lab – 120 Referrals to MAT – 48 Rexburg Narcan Distribution – 81

GROUPS & EDUCATION: Numbers refer to the total visits in the quarter

RECOVERY COACHES & TREATMENT COURTS: Numbers refer to individual clients.

ACTIVITIES: In case of one-time events, numbers refer to total individual participants (see next page)

RECOVERY IN ACTION

IDAHO FALLS

Movie - **100**
Softball- **435**
UFC - **75**
Painting - **112**
Goldbug Hotsprings- **18**
Bingo - **128**
Disc Golf - **6**



"On May 23rd, a group of felony court participants and community members got together and hiked to Goldbug hot springs.

It was a great way to enjoy the fresh air, beautiful scenery and spend some time getting to know each other.

The hike was challenging but we made it. Soaking in the hot springs afterwards was super relaxing and worth the effort."

-Michelle Mahan, CPRS, CPSS

REXBURG

Budgeting - **36**
Painting - **19**
World Cup - **9**
Tuesday Fitness - **84**
Rexburg Recovery Festival - **166**
Golf- **4**
Paintball - **16**



COACHES CORNER

5th Annual Recovery Strong BBQ

Our 5th Annual Recovery Strong Fundraiser BBQ at Tautphaus Park on June 6th was an incredible success with an estimated 600 people in attendance!

The afternoon was filled with great food cooked by Weekend Warriors, face painting, live music, a bounce house, balloon animals, an EPIC raffle, and plenty of laughs at the dunk tank.

Thanks to the amazing generosity of our supporters, we raised over \$2,000 more than the previous year with the grand total of **\$10,500** donated to The Center For Hope.

Every dollar raised will go right back into our community to support recovery, connection, and our community as a whole. We could not have done it without everyone who attended, volunteered, donated, and helped make this our best fundraiser yet!

-Michelle Mahan, CPRC/CPSS



THE CENTER FOR



PEER RECOVERY CENTER

***We are committed to inclusivity,
creativity, and innovation as we seek to
help our clients flourish***

***This report is created by Center for Hope
and Center for Hope South teams***