

CENTER FOR HOPE



QUARTERLY REPORT
APRIL - JUN 2023



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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.

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



**UNITED WAY
MAKES IT POSSIBLE TO OFFER
OUR CLIENTS AN AMAZING
FACILITY. THANK YOU!**

A WORD FROM OUR DIRECTOR



Recovery work is all about people. Watching people around me recognize and strive toward their true potential is incredibly satisfying.

We host trainings, educational discussions, resource fairs, and support groups. We participate in Q&A events, share our stories at community gatherings, and partner with other community service organizations to meet pressing needs in our shared community.

We seek ongoing education for our recovery coaches, welcome innovative activities, and do everything we can to offer a safe home for anyone who walks through our door.

Maybe most importantly, we have fun doing it!

Thank you to everyone who makes C4H happen!



HARM REDUCTION...

WE'RE ALL IN!



It's Personal

Gone too soon. It seems like he was just getting started. She sure loved her kids.

These sentiments are all too familiar for members of the recovery community as they navigate the new realities of fentanyl and the devastation it creates. Enhancing safety for people early and often has become a national priority, and the phrase *harm reduction* is becoming central to any strategic approach to overdose prevention.

What's Harm Reduction

According to SAMHSA, "Harm reduction is an evidence-based approach that is critical to engaging with people who use drugs and equipping them with **life-saving tools and information to create positive change in their lives and potentially save their lives.** Harm reduction is a key pillar in the U.S. Department of Health and Human Services' Overdose Prevention Strategy."

We Do Our Part

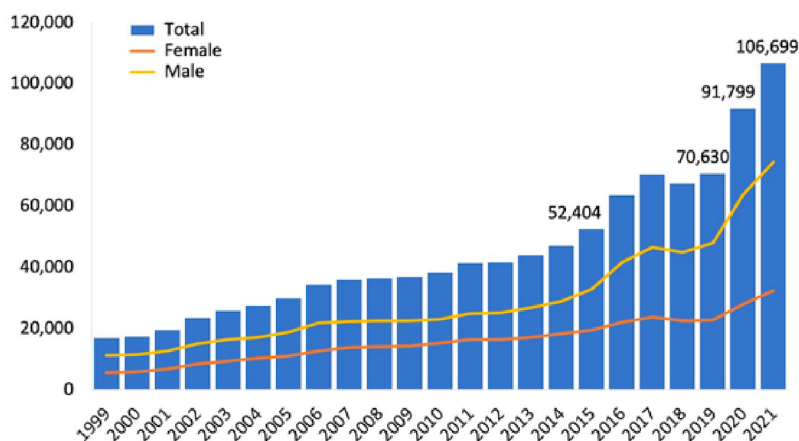
Peer-based recovery entities, such as Center for Hope, play an essential role in the practical implementation of harm reduction strategies. Diverse pathways can lead individuals with SUDs, as well as their families, away from the risk of overdose

by fostering purpose, self-direction, and overall well-being.

Center for Hope addresses the risk of overdose head on. We have hosted speakers who address the risks associated with SUDs, including having candid conversations about fentanyl. We have provided Narcan training multiple times. Upon request, we provide our clients with Narcan (in accordance with best practices and legal protocols), and encourage them to be open with others about its life-saving potential.

Center for Hope clients also have ongoing access to life-affirming socialization, recovery and grief support, education-oriented programs, and resources.

Figure 1. National Drug-Involved Overdose Deaths*, Number Among All Ages, by Gender, 1999-2021



*Includes deaths with underlying causes of unintentional drug poisoning (X40-X44), suicide drug poisoning (X60-X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10-Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2021 on CDC WONDER Online Database, released 1/2023.

SOURCE: National Institute on Drug Abuse

HARM REDUCTION...



"The U.S. is experiencing the most significant substance use and overdose epidemic it has ever faced, exacerbated by the recent worldwide pandemic, and driven by the proliferation of highly potent synthetic opioids (containing fentanyl or fentanyl analogs) and animal tranquilizers (like xylazine) into many types of drugs (including stimulants and counterfeit prescription pills)," according to SAMHSA.

Everyone has a role to play.

SIGNS OF OPIOID OVERDOSE

Call 911 immediately if a person exhibits ANY of the following symptoms:

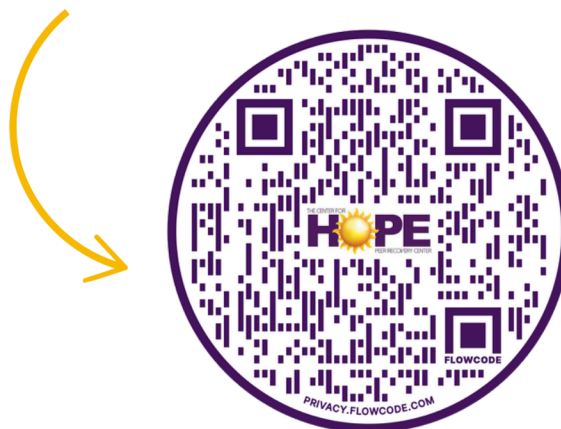
- Their face is extremely pale and/or feels clammy to the touch
- Their body goes limp
- Their fingernails or lips have a purple or blue color
- They start vomiting or making gurgling noises
- They cannot be awakened or are unable to speak
- Their breathing or heartbeat slows or stops



SAMHSA'S *HOW TO PREVENT OPIOID OVERDOSE TOOLKIT* WANT A COPY?



Scan here to access a PDF!



"Ten more miles
down with endless
amounts to go."

--michelle wyne smoley

"There is mounting evidence, from dozens and dozens of researchers, that nature has benefits for both physical and psychological human wellbeing," says Lisa Nisbet, PhD, a psychologist at Trent University in Ontario, Canada. "'You can boost your mood just by walking in nature...and the sense of connection you have with the natural world seems to contribute to happiness even when you're not physically immersed in nature.'"

Some members of the Center for Hope community have embraced the power of nature. From Zion's National Park, to the Salmon-Challis National Forest, to Grand Teton National Park, these hiking buddies go where nature beckons.

And what do they find? Gratitude.

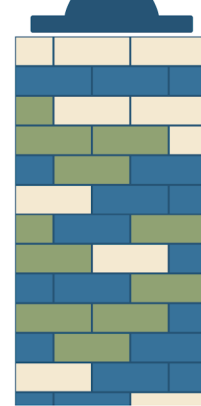
For recovery coach Michelle Wynne Smoley, "Sharing hiking with people fills my happy cup to the brim. Ten more miles down with endless amounts to go."

Did you know...

10+ OF SCREEN TIME

**AVERAGE HOURS PER DAY
FOR AMERICAN ADULTS**

apa.org/monitor/2020/04/nurtured-nature



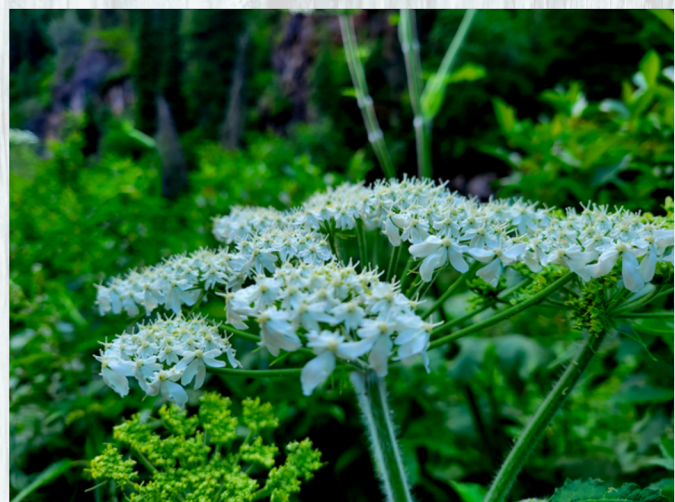
Holistic: Recovery focuses on people's entire lives, including mind, body, spirit and community.

apa.org




TODAY THE FLOWERS SPOKE TO ME AND SAID "WE ARE HERE FOR ENJOYMENT OF ALL, THE BIRDS, BEES, HUMANS, ANIMALS AND INSECTS ALIKE. DO NOT BE HASTY TO JUDGE, RATHER BE HASTY TO LOVE ONE AND ALL" AND WITH THAT I REPLIED HUMBL Y WITH A THANK YOU!

--MICAH LORD



RECOVERY COACHING



	APRIL	MAY	JUNE	TOTAL
WARM HAND-OFFS	19	8	3	30
SELF-HELP MTGS	21	34	6	61
ACTIVITIES	-	2	-	2
PROBATION & PAROLE	6	7	4	17
HOSPITAL / MEDS	9	7	5	21
JAIL CALLS	-	1	-	1
CRISIS CENTER REFERRALS	44	55	71	170

What difference do recovery coaches make?



treatment retention
access to resources
housing stability



relapse rates
substance use
emergency service use

https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tacs/peers-supporting-recovery-substance-use-disorders-2017.pdf

SUPPORT GROUPS & EDUCATIONAL PROGRAMS

4632
total visits

SELF HELP GROUPS

Center for Hope hosts many peer-based support groups, including AA, NA, and CMA. Individual groups have been formed based on language, gender, military experience, etc. Attendance continues to grow.

385
total visits

START WHERE YOU ARE

Start Where You Are is an 8-week education program designed to help Wood and veteran court participants gain self-advocacy and resiliency skills. It is designed and facilitated by Andra Smith Hansen.

80
total visits

POSTVENTION/GRIEF SUPPORT

Founded on evidence-based facilitation training, the grief support group generates support for individuals suffering because of suicide-related losses, overdose-related losses, childhood losses, and other sources of grief.

108
total visits

STRENGTHEN THE BASE

Strengthen the Base is a new educational program. The 9-week cycles are designed to help parents with a child in the juvenile justice system feel support, gain skills and confidence, and increase awareness in a manner conducive to self-respect and healthy relationships.

ONGOING LEARNING & SUPPORT

GUIDANCE, AWARENESS & SOCIALIZATION

- 50 EASTER EGG HUNT
- 134 VETERANS MEETINGS
- 150 TRIGGERS (WOOD COURT GROUP)
- 50 RESOURCE FAIR
- 50 GEO GRADUATION

SOMETHING FOR EVERYONE

Veterans
Trauma
Therapy

Sober Yoga

Bingo

NFL Football

Movie Night



recovery is connection

Chess Club Kayaking Story Telling Hiking Hot Springs Soaking



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