



CENTER FOR HOPE

**QUARTERLY REPORT
OCTOBER–DECEMBER
2024**



**We advocate for the recovery
community in our region and
throughout the state**

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
Recovery Coaches & Educational programs	4
Recovery In Action	5
QPR Suicide Prevention	6
Idaho Falls Community Reentry Center	7
Reentry Challenges and Opportunities	8
Thanksgiving: A Time for Connection and Hope	10
We Appreciate Our Community!	11



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

"Courage is resistance to fear, master of fear – not absence of fear"
–Mark Twain

A WORD FROM OUR DIRECTOR

I drive a lot. Long before I joined Center for Hope, I drove highways and backroads of Eastern Idaho in my role with Idaho Department of Correction. I believe in the people here. It's a privilege to help people discover their potential and redirect their lives in ways that create more peace and hopefulness.

One of my favorite things to do is get out into the small, rural towns, to see the diners where friends gather, the stores where they shop, and the homes they work so hard to have.

As the spirit of recovery has awakened in our communities, I have had the chance to meet with judges and police officers, parole officers and counselors, and most importantly, with recovery community members. Center for Hope recovery coaches have celebrated, supported, and grieved alongside our peers.

We are grateful. Thanks to the county commissioners and many others who have welcomed us into your communities! **We love being part of your world.**



RECOVERY COACHES & EDUCATIONAL PROGRAMS

Groups

Self Help – **4,702** Idaho Falls, **147** in Rexburg
Triggers – **156**
Veterans Group – **186**

Education

Grief & Loss Group – **33**
Start Where You Are – **254** (IFCRC)
Strengthen the Base – **139** (Parenting)

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 Coaches/BHCC

Warm Handoffs – **92**
Active – **442**

CENTER FOR HOPE Recovery Coaches

Referrals to MAT – **42**
Computer Lab – **140**
NARCAN given – **196**

TREATMENT COURTS/ Recovery Coaches

Active – **192**
Treatment Referrals – **97**
Probation & Parole: **47**

RECOVERY IN ACTION



OCT.

UFC Fights - **25**
Softball - **50**
Movies - **20**
Bingo - **28**
Pumpkin Carving - **35**

Haunted House - **19**
Hot Springs - **5**
Hike - **12**
Football - **50**

Rexburg:
Haunted Mill - **18**
Halloween Party - **40**
Friday Fitness - **25**

NOV.

Ice Skating - **5**
Homeless Stand
Down - **200+**
UFC Fights - **65**
MMA Fights - **15**
Movies - **15**

Hockey - **17**
Thanksgiving
Dinner - **200+**
Bingo - **35**

Rexburg:
Pickleball - **19**
UFC Fights - **10**
Rexburg Cares - **60**

DEC.

UFC Fights - **50**
Movies - **10**
Cookie Decorating - **10**
Christmas Dinner - **110**

Painting - **14**
Alc-a-thon - **90**
QPR - **25**

Rexburg:
Fitness Friday - **16**
Christmas River - **13**
Gingerbread - **12**

QPR SUICIDE PREVENTION TRAINING

*Center for Hope
provides free QPR
upon request.
Please don't hesitate
to reach out!*

QPR (Question, Persuade, Refer) is a SAMHSA-recommended suicide prevention training designed to prepare nonexperts to better **recognize signs** someone may be at risk, **communicate safely** with them, and **refer them to qualified help**.

On December 30th, veterans gathered at Center for Hope to

couple years so having tools to help identify signs early and respond appropriately are skills that could very well save a life," Kyle explained.

Matt Wiley, a veteran Marine and also a recovery coach at Center for Hope, shared his response. "The class...opened up in-depth dialogue that many vets needed and wanted to approach within our Veteran



participate in QPR training. Organized by Center for Hope recovery coach and Navy veteran Kyle Brown, the gathering felt like more than a training. Attendees alluded to personal experiences and asked heartfelt questions.

"Our veterans group found it very beneficial and absolutely relevant as none of us are strangers to suicide. We have lost a couple vets from our group to suicide in the last

circles. As a result of the training, I am much more aware of and comfortable talking to and with anyone about this subject. It has also made me aware of my own personal "red flags" and behaviors that I used to ignore in myself and others or simply never noticed before. Having lost several "brothers" to suicide, I take this topic very seriously and appreciate any opportunity to discuss it with anyone who may only need someone to listen."

IDAHO FALLS COMMUNITY REENTRY CENTER

Mark Cukurs, Assistant Director shares in his own words how Center For Hope helps to support individuals with successful reentry into the community.

"To be released is in many ways more overwhelming than going in." This comment was made by a recent "returning citizen" on the day of his release from the Community Reentry Center in Idaho Falls. He had been told that if he requested help on the day of his release, someone would show up and do just that...help with doing what needs to get done. Help with the seemingly impossible tasks.

The Idaho Falls Community Reentry Center (IF-CRC) opened in 1996 and houses up to 112 male residents who are classified as minimum custody and nearing release. IF-CRC residents are afforded the privilege of treatment programs, support groups, community service, community-based employment, and other options to promote a positive and successful reentry into the community.

Residents are also given the opportunity to spend time here at Center For Hope. On Thursday nights, we offer an educational experience called "Start Where You Are." Both residents and members of the community are invited to attend. This promotes healthy interaction between IF-CRC and our community. Throw in the occasional NFL game, Super Bowl, Frisbee Golf or a softball game and add lots of good food. Now we are ready for offering support and help on release day. Many residents have family or friends who arrive to provide that help. Some do not. If asked, we will always show up and dedicate a day, or two of intensive assistance.



Pictured above, Tim & Steven, both residents at the CRC-IF, are volunteers at Center for Hope. Three times per week, they show up and help keep our building clean. Their volunteer work makes a difference for us and is helping them build connections within the recovery community.

REENTRY

CHALLENGES AND OPPORTUNITIES

According to The Substance Abuse and Mental Health Services Administration (SAMHSA):

“Individuals living with mental health conditions and/or substance use disorders reentering the community from jail or prison are at high risk for a recurrence of symptoms and reengagement with the criminal justice system. Therefore, there is a need to



Key Elements of Reentry

- Reentry planning (Collaborative Comprehensive Case Plans) across systems
- Warm hand-off to community providers to increase engagement
- Continuity of care; access to continuum of behavioral health services including harm reduction services
- Access to government identification (e.g., photo ID to obtain post-release treatment and government benefits)
- Medication, including Naloxone, and prescription access upon release
- Timely access to benefits, including Medicaid, Medicare, private health insurance, Supplemental Security Income/Social Security Disability Insurance (SSI/SSDI), Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), veteran's benefits, etc.
- Peer support services
- Gainful employment; employment services
- Safe, secure, affordable, stable housing
- Other support services including transportation, childcare, legal services

Adapted from: SAMHSA, *Criminal Justice System Intercept 4 - Transitioning back into the Community*, 2022

identify and assess the effectiveness of reentry programs for individuals living with health conditions who are incarcerated. With the necessary resources and evidence-based practices, criminal justice personnel, clinicians/practitioners, and community-based health and support staff can promote successful community reentry.”

Reentering the community after incarceration presents a complex mixture of challenges and opportunities that significantly impact a person's ability to reintegrate successfully.

One of the primary challenges is overcoming the stigma associated with a criminal record, which can hinder access to essential resources such as employment, housing, and education.

REENTRY CHALLENGES AND OPPORTUNITIES

CONTINUED

Many formerly incarcerated individuals face a lack of support systems, as strained family relationships and the absence of social networks can exacerbate feelings of isolation.

Furthermore, navigating parole conditions and the temptation to revert to previous behaviors pose additional hurdles.

Despite these challenges, there are also substantial opportunities for personal growth and community contribution with reentry including:

- Programs focused on rehabilitation and skill development during incarceration which can enhance employability and self-esteem, paving the way for a more productive future.
- Community organizations and support groups that play a crucial role in providing mentorship, resources, and a sense of belonging, which can aid in reducing recidivism.
- Potential for individuals to redefine their identities and make positive contributions to society.
- Potential to mend damaged family and other relationships as well as form new friendships and healthy support systems.

Center for Hope offers a safe place for individuals who are reentering society and are willing to work on recovery. They provide essential support systems such as recovery support groups, peer recovery coaches, local resource information, and activities to help individuals stay sober and feel more connected to their community.

Additionally, Center for Hope works closely with Idaho Department of Corrections, Idaho Department of Health & Welfare, and numerous other state and local entities to help the reentry process develop into an opportunity for both personal transformation and societal benefit.

Center for Hope is and will continue to be the premier advocate and support system for the recovery community both at the local and state level.



THANKSGIVING:

A TIME FOR CONNECTION AND HOPE

Center for Hope hosted a Thanksgiving Dinner for those in the recovery community, but welcomed any and all. Recovery Coach Michelle Smoley shares her experience in her own words.

The holidays can be difficult for a lot of people but it can be especially hard for a person in recovery.

A lot of times we have unhealthy family or places that we have always gone and we have to change all of that in order to stay on our recovery path.

Not going anywhere is always an option and even though it can be lonely it's better than putting ourselves in risky situations.

At The Center For Hope we are well aware of these situations and how much of an impact it can have on a person. We like to help people change the narrative when it comes to holidays.



This year we opened our doors to the community and offered both a safe place to spend Thanksgiving and a hot meal too.

Volunteers cooked turkeys and hams, brought side dishes and desserts. We watched football and fellowshiped together.

We estimated around 200 people came through the center that day. Some people were there because they needed a safe place, some were there serving and volunteering and some were there because they wouldn't have had a meal otherwise.

Holidays don't have to be a source of sadness or be lonely for anyone. Together we can all celebrate and look forward to the holidays for years to come.



We Appreciate Our Community!



Center for Hope would not be able to continue our important work without the support of our wonderful community and stakeholders.
Thank you!



Pictured above and below: State Legislator, Marco Erickson and his family helped serve food on Thanksgiving Day at Center for Hope



Wackerli Buick Cadillac GMC helped with Center For Hope's "Coats for Hope" holiday coat and clothes drive during the month of December

IDAHO FALLS TOWNHALL MEETING
COMMUNITY IMPACTS. COMMUNITY SOLUTIONS

TUESDAY, NOVEMBER 19
6:30-8:00 P.M.
TAYLORVIEW MIDDLE SCHOOL AUDITORIUM

DISCUSSION:

- Learn how you can make a difference battling the fentanyl epidemic.
- Hear from the U.S. Attorney Josh Hurwit, local law enforcement officials, and local health and recovery experts.
- Find out what is happening with fentanyl on the national, state and local level.
- Connect with different community partners sharing resources on how to keep families safe or how to respond in a crisis.

COMMUNITY IMPACTS. COMMUNITY SOLUTIONS

In partnership with the U.S. Attorney's Office

Question
Persuade
Refer
Training

SUICIDE PREVENTION
it's what people do

December 30, 2024
6:00-7:00 pm
Center for Hope
530 E. Anderson

Like CPR, QPR is an emergency response to someone in a suicide crisis. Also, like CPR in the Chain of Survival from a life-threatening medical crisis, early recognition of warning signs, early intervention and early professional assessment and care can save lives.

YOU ARE INVITED TO

Soup and Sandwiches on Christmas Day

@ THE CENTER FOR HOPE
530 EAST ANDERSON
DECEMBER 25TH NOON-3:00 PM

Come join us for food and fellowship.
Let's celebrate the holiday together!



*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.*