

CENTER FOR HOPE

OCTOBER - DECEMBER 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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**THANK YOU
Ali Hayden**
for your generous
funding, which
enabled C4H to
support recovery
festivals
throughout the
region!



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

A WORD FROM OUR DIRECTOR

As 2023 passes into 2024, I feel especially grateful for my team. Each of us brings unique insights and abilities to our clients. Each of us is walking the path of recovery with dedication and gratitude.

I believe leadership grows naturally when the intentions and conditions are right. At Center for Hope, we believe in elevating one another. We believe in the work we do and the clients we serve.

I'm also grateful for our community partners, for organizations that provide food, shelter, education, and employment opportunities to members of the Center for Hope community who are working so hard to earn those things.

We live in a great place. Let's keep our eye on best practices and innovation as we continue our shared recovery journey.

I couldn't spend my life with better people.



*You're always
welcome here.
We'll call you by
your name. We'll
treat you with
respect. We'll
show up for
you.*

RECOVERY COACHES & EDUCATIONAL PROGRAMS

GROUPS

Self Help – 5500
Triggers – 143
Speaker mtgs – 46
Veterans group – 164

EDUCATION

Grief & Loss Group – 80
Start Where You Are – 192
(IFCRC)
Strengthen the Base - 176
(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/ CRISIS CENTER

Warm Handoffs 48
Referred to MAT - 16
New Referrals – 135
Contacts - 258

CENTER FOR HOPE RECOVERY COACHES

New Referrals 27
Contacts 253

TREATMENT COURTS/3 RECOVERY COACHES

New Referrals– 22
Contacts - 805

RECOVERY IN ACTION

People in early recovery face a daunting amount of free time. Hours previously spent in use-related activities loom, and finding different, meaningful ways to fill them is vital. According to *Habits and Routines of Adults in Early Recovery From Substance Use Disorder*, "the structuring and/or restructuring of these hours is a crucial part of the recovery process..and is important because of the potential unease that can prevail after abstaining from drugs and needing to create new or renewed patterns of habits and routines."

Center for Hope recognizes the critical nature of sober fun and connection. Our activity schedule is robust. We strive to create safety and a sense of home for everyone who participates. Supporting and in turn feeling the support of members of the recovery community is our passion.

<https://www.ncbi.nlm.nih.gov/9926005/>



OCT.

UFC Fights - 30
Football- 30
Canvas Painting - 17
Drug Take Back- 252.8 lbs
Pumpkin Carving - 24
CYA Truck or Treat- 150

NOV.

Homeless Standdown - 100
UFC Fights - 35
Football - 35
Thanksgiving - 200
IF Rescue Mission - 65
Bowling Veterans Group - 15

DEC.

Canvas Painting - 8
Ginger Bread Houses - 26
UFC Fights- 40
Football- 35
Football - 35
Christmas - 90

HONORING THE HOLIDAYS

THANKSGIVING 200
+ CHRISTMAS 90 = 300
GUESTS



Center for Hope recovery coaches bring insights from lived experience to their relationships with clients. They understand that holidays can bring heartache, but they also know that hope is real and recovery is cause for celebration.

As explained in *Navigating the Holidays in Recovery*, "recovery, if about anything, is about **connecting with other people**. It is about far more than just the absence of drugs or alcohol...With recovery comes a **blossoming of human connection, interaction, meaning, and hope.**"



THANK YOU!

Ali Hayden for the generous donation that makes our holiday celebrations possible.

SAMHSA

RECOVERY IS...

BRINGING PEOPLE TOGETHER



RECOVERY IS...

SERVING THE COMMUNITY

The Idaho Falls Rescue Mission (IFRM) provides food, shelter, and employment preparation to many individuals struggling to manage a substance use disorder. Once a month, Center for Hope recovery coaches and recovery community members help IFRM with meal prep and service. We're grateful for the opportunity.

Community organizations like Center for Hope and IFRM devote themselves to assisting our clients' efforts to create the life they most believe in. The work is hard, and no single organization can meet all of an individual's needs.

But through collaboration, we can provide more comprehensive service to members of the recovery community in a manner that's conducive to sustainability.

Organizations like ours are in it for the long haul. We appreciate the strength that comes from collaboration!



RECOVERY IS...

PLAYING IN THE SNOW!



STORIES OF SUCCESS

In The Words of Our Recovery Coaches

Richard has been in and out of prison for the last 20 years. At Center for Hope, we started working with him around February 2022.

He initially got into Freedom Recovery, and he graduated from the program. He went back home to live, but shortly afterward, he relapsed. I kept in contact with him throughout this time. He knew that going home to live was not good for him, but he had no other affordable choices. He would call the safe and sober houses here in Idaho Falls, but they were always full.

Richard reached out to me and told me that he wanted to go to treatment again. So we worked on getting him into Moonlight Mountain. He again graduated from the program. This time when he came back to town, we got him into safe and sober housing in Idaho Falls. He then started at Addiction and Trauma Recovery Services. He has been doing great ever since.

He now has a full-time job. He is paying his bills, and he has managed to buy a truck. Richard is living with an aunt here in town until he can find a place he can afford.

When he celebrated his birthday this year, he called to tell me that he got to spend time with his kids and that he was still sober. He was so very excited about that! He now has been drug free for eight months.

The Crisis Center case manager came over to Center for Hope asking for some help peer supporting a gal who showed up with her 10-month-old baby. The case manager, the peer, and I sat in the back room while the intake was done.

We wanted to support the peer. She was feeling overwhelmed and isolated. Recent news of a man kidnapping and killing his baby, who was also 10 months old, had her into a spiral of thoughts like “what if I hurt my baby?”

We were able to get her an emergency med management appointment at a local facility. We also provided a few resources for ICCP (help from the state for some childcare), and the STAR program. She has since engaged in the STAR program with wrap-around services and has gained employment. She has remained compliant with med management--something we don't see every day.

I think that is a huge win for everyone involved!

Research indicates that approximately **60% of individuals with substance dependence eventually enter sustained recovery**; however, for many of them, **it takes more than one cycle of lapse/relapse/treatment reentry before achieving sustained recovery.**

<https://www.va.gov/WHOLEHEALTHLIBRARY/tools/reducing-relapse-risk.asp>



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

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