

CENTER FOR HOPE



THE CENTER FOR
HOPE
PEER RECOVERY CENTER

QUARTERLY REPORT
JANUARY-MARCH 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

Few things bring me more joy in life than watching our friends at Center for Hope find a sober path that leads to personal purpose and fulfilling relationships.

Nature has played a big role in my wellbeing, and I love to see our staff and clients draw strength from beauty, physical activity, socializing beside a campfire, or the sheer awe a mountain can awaken.

Roles at Center for Hope often reverse--and it's our guests who leave the rest of us inspired. Michelle Smoley, one of our recovery coaches, and Zack Mahan are among the adventurers willing to amaze the rest of us with their stories of canyons and cliffsides, rivers and waterfalls. Recently they climbed to Angel's Landing in Zion National Park, and the pictures they shared at *Start Where You Are* left everyone feeling more alive.

But I've learned that's just how things go at Center for Hope. Grace, Donna, Darius, and Michelle bring a smile to hundreds of faces each week. And in return, those smiles reflect back to us.

At Center for Hope, we're on the recovery journey together. And there's no one with whom we'd rather be sharing it.

Whether it's in a support group or an educational discussion or just hanging out and watching NFL football, we're here.

Join us!



SPREADING GOOD NEWS

Throughout the resource-sparse rural counties of Southeast Idaho, children and adolescents often struggle with mental and behavioral health challenges that are nearly impossible to fully address. Families, teachers, juvenile justice workers, and community service providers are eagerly anticipating the opening of an adolescent crisis center--at least those of them who know about it.

In an effort to spread the news about this vital resource, Center for the Hope partnered with VOICE Advocacy to organize a panel discussion. **Leading local experts addressed an audience of more than 110 people, answering questions and providing much needed explanations about levels of and access to care.**

The audience, which included cross-sector professional and socioeconomic representation, engaged in the discussion, asking follow-up questions and initiated exploration of topics pertaining to collaboration, resource limitations, and challenged related to stigma and limited awareness.



VOICE Advocacy presents an evening focused on...

CHILD & ADOLESCENT WELL-BEING

A panel discussion & resources Q&A featuring our leading regional experts in crisis and support resources for our kids



DEVERE HUNT
CEO, Badger, Inc.
Contract Manager Of BHCC & Adolescent Crisis Center



BRANDI DAW
Director of Physician & Provider Relations
EIRMC



BECKY LEATHAM
Executive Director
Community Youth in Action




MARCO ERICKSONN
Program Director of
Community Youth in Action
State of Idaho Representative



SHANE BOYLE
Region 7 Liaison
Juvenile Corrections



**Please join us!
Sign up now:**



WHEN: March 30 @ 6pm - 8:30pm **WHERE:** 489 Park Avenue, Idaho Falls (The DEC)

Questions? Contact Andra Smith Hansen asmithhansen@gmail.com. 208.589.7759

Made possible by R7BHB & many supporters. Thank you!



ON THE GROUND



EST. 1998
RHS
Mental Health Solutions
Changing Lives Together

A QUICK LOOK AT KIDS & PARENTS



14,940



Yearly average of Idaho children living with a parent who has an SUD (2105-2019)

U.S. Department of Health & Human Services

2756



Number of Idaho children in foster care in 2022

58%



Percentage of Idaho foster children who reunified with parents in 2022

Idaho Department of Health & Welfare

124



Average days spent in foster care in 2022

Many of our clients at Center for Hope have children. We recognize that both parenting and recovery are demanding. We seek to strengthen individuals and families, model healthy relationships, and cultivate a range of skills essential to resilient parents and children. Our clients know they are not alone as they strive to build families they believe in.

"I graduated from a year-long inpatient treatment program, started working full-time and doing all of the services that the court had ordered. Working a job, going to services and working on self is extremely difficult... One by one, I was able to work down the list of required services. I went from non-compliant to partially compliant to compliant... Today I can attest to the power of faith, support, and love. My daughter and I are together. And she is a light brighter than anything that has touched my life."

—Shrounda Selivanoff, Birth Parent National Network, Washington

STRENGTHEN THE BASE...

A PILOT PROJECT FOR PARENTS

In January, Center for Hope launched *Strengthen the Base*, an educational pilot project for parents with a child in the juvenile justice system. With support from family court leadership, we have completed the first 9-week series of skills-based discussions designed to bring hope, ability, awareness, and confidence to participants seeking to balance recovery with parenting. It was a privilege. We look forward to beginning again this May!

STRENGTHEN THE BASE

relationships, communication, self-direction



a 9-week skills & reflection sequence
for parents & families
navigating a loved one's addiction

STRENGTHEN THE BASE

a 9-week skills & reflection sequence
for parents & families
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WEEK 1

EXPLORING
PAST
PATTERNS

WEEK 2

LEARNING
FROM
SETBACKS

WEEK 3

DEFINING
SUCCESS &
PROGRESS

WEEK 4

ENHANCING
MOTIVATION
& PURPOSE

WEEK 5

SELECTING
REWARDS &
VALIDATION

WEEK 6

SOLIDIFYING
NEW
PATTERNS

WEEK 7

NAVIGATING
DIFFERENCE
& CONFLICT

WEEK 8

BUILDING
CONFIDENCE
& TRUST

WEEK 9

HONORING
AUTONOMY &
MILESTONES

I have enjoyed the skills. I have learned about myself and my kids. Please let this class move forward and I will be back to keep learning more.

--Strengthen the Base participant

I enjoy the meeting. I learn a lot each time and it helps me become the father/role model that my sons need and deserve. I have seen a lot of progress in my 16-year-old son's communication and relationship. We're more open and trusting on both sides, and offer validation, listening to understand, and respect. I am excited to learn, grow, and see the changes with all of my sons in the future.

Thank you very much for being here for us all.

--Strengthen the Base participant

OUR RECOVERY COACHES



	JANUARY	FEBRUARY	MARCH	TOTAL
WARM HAND-OFFS	14	18	12	44
SELF-HELP MTGS	37	9	30	76
ACTIVITIES	40	2	-	42
PROBATION & PAROLE	3	9	4	16
HOSPITAL / MEDS	3	9	7	19
JAIL CALLS	-	1	-	1
CRISIS CENTER REFERRALS	43	37	46	131
GRPA CONTACTS	135	157	139	431

SUPPORT GROUPS & EDUCATIONAL PROGRAMS

SELF HELP GROUPS

5175
total visits

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.

START WHERE YOU ARE

393
total visits

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.

POSTVENTION/GRIEF SUPPORT

100
total visits

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.

STRENGTHEN THE BASE

69
total visits

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 & RESOURCE ACTIVITIES

- 336 FAMILY COURT RECOVERY SERVICES
- 83 VETERANS MEETINGS
- 94 SPEAKER MEETINGS
- 87 YOGA
- 9 HAIRCUTS FOR HOMELESS INDIVIDUALS

SOMETHING FOR EVERYONE

Veterans Trauma Therapy

Sober Yoga

Bingo

NFL Football

Movie Night



RECOVERY IS AN ADVENTURE!

Chess Club

Corn Hole

Story Telling

Hiking

Hot Springs Soaking



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