

# CENTER FOR HOPE



QUARTERLY REPORT  
JULY- SEPTEMBER 2022



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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 area is a defining purpose that underlies all strategy and project decisions at Center for Hope.

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THANKS TO  
UNITED WAY  
FOR MAKING OUR  
AMAZING FACILITY  
POSSIBLE!



# A WORD FROM OUR DIRECTOR

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*One of the most satisfying parts of directing Center for Hope is watching the people around me grow. Every day, I'm surrounded by potential. It's an incredible gift to watch members of the recovery community discover talents and abilities that extend the reach of their confidence, empathy, and influence.*

*I aspire to create a feeling of home for anyone who walks through the doors at Center for Hope. But it's not my home. It's our home--a place that's safe and welcoming because we all look out for each other.*

*At Center for Hope, we struggle and learn and rise together. The volunteers, staff, and leadership at the Center have come up through the ranks. They know the disappointments and occasional setbacks associated with recovery. They also know the simple but deep joy of sobriety.*

*This quarterly report highlights community and celebrates the opportunities Center for Hope has had to provide events, service, and education to residents of eastern Idaho.*

*Come check out our center. We'd love to share it with you!*

*Nancy*

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# PARENTING & RECOVERY

Many of the clients at Center for Hope are parents who want to learn all they can to help their kids stay safe, healthy, and sober. It's not easy to balance the demands of parenting with the self-care that's integral to healthy recovery.

Center for Hope is aware of the critical relationship between healthy families and healthy behaviors. We want to be part of the solution when it comes to contributing to a sober lifestyle for our clients and their families. Our *Start Where You Are* classes frequently focus on communication, problem-solving, and advocacy. We are here to help!

## STRESS FACTORS

- **Trust** may have been damaged while you were actively using. It's hard to accept that love doesn't always equal trust. Rebuilding trust is difficult.
- **Guilt** is a common feeling for parents in recovery. Worries about how your SUD has influenced your child's well-being is natural—but prolonged guilt can be damaging.
- **Imbalance** can increase stress, but it's hard to find the time to take care of yourself and your family relationships.

## HELP YOURSELF

- **Commit** to your recovery. Your child will witness your strength and work. Your child will sense your emotional availability.
- **Stay connected** to support. Recovery is challenging, and so is parenting. It shows strength and intelligence seek the support you need.
- **Be patient and kind** with yourself. Relationships grow with attention. It takes time. Strong relationships evolve over time. Your best is enough.

## HELP YOUR CHILD

- **Listen** to your child without getting defensive. Allow their emotional expression. Care about what they're actually feeling.
- **Guide with flexibility** as you attempt to help your child make safe choices and gain confidence. Acknowledge their process.
- **Have fun** together. Think of constructive activities that build creativity, trust, and resiliency. Include your child in the decision-making process.



# OUR RECOVERY COACHING

	JULY	AUG	SEPT	TOTAL
WARM HAND-OFFS	12	2	5	19
SELF-HELP MTGS	1280	1568	1589	4437
ACTIVITIES	420	226	446	1092
PROBATION & PAROLE	2	3	5	10
HOSPITAL / MEDS	2	5	7	14
JAIL CALLS	-	-	2	2
BHCC REFERRALS	73	81	55	209
GPRA CONTACTS	148	118	198	464

WATCH FOR A SPOTLIGHT ON  
DARIUS  
IN THE NEXT REPORT.  
HE'S AN AMAZING ADDITION TO OUR TEAM!

# DID YOU KNOW...

## CENTER FOR HOPE IS CONNECTING RURAL COMMUNITIES WITH CRITICAL LEARNING OPPORTUNITIES



**OCTOBER 21-22**

**Bereavement Support Facilitation Training**

23 Attendees  
7 Counties Represented  
14 Organizations Represented

**Joanne Harpel**  
Coping After Suicide  
copingaftersuicide.com

**Invitation Only**



**November 10-11**

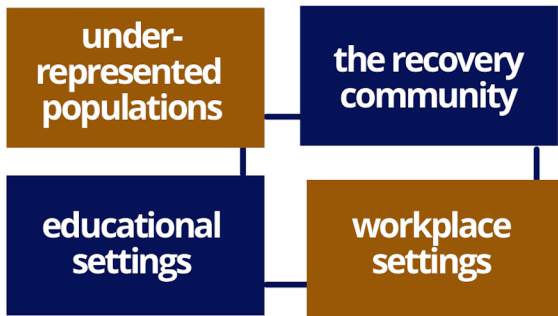
**Speaking Event & Problem-Solving Breakout Sessions**

Thursday (11/10): Idaho Falls  
Friday (11/11): Rexburg

**Jen Marr**  
Inspiring Comfort  
inspiringcomfort.com

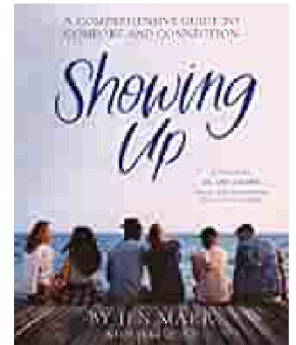
**Open to the Public**

### The Importance of Connection in...



**Meet the Author**

**Join the Conversation**



*As we emerge from the unprecedented times, the role of a leader is changing. More than ever, leaders need to connect with people in an authentic way and show they care. This book is. a guide to developing this essential skill and brings a timely and "heart first" perspective to the role of a modern leader.*

–Kellyn Smith Kenny, EVP, Chief Marketing & Growth Officer, AT&T

**THANK YOU Region 7 Behavioral Health Board**  
for the rural postvention grant that made training with Joanne Harpel possible!

# SUPPORT GROUPS & EDUCATIONAL PROGRAMS

## SELF HELP GROUPS

**4284**  
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

**358**  
TOTAL VISITS

*Start Where You Are* is an 8-week education program designed to help Wood and veterans court participants gain self-advocacy and resiliency skills. It is designed and facilitated by Andra Smith Hansen, a faculty member in the Communication Department at BYU-Idaho. Participants have built a genuine community.

## POSTVENTION/GRIEF SUPPORT

**124**  
TOTAL VISITS

Founded on evidence-based facilitation training, the grief support group was initially conceived with a suicide-loss survivor focus. The focus quickly broadened to extend the support to individuals suffering from overdose-related losses, childhood losses, and other sources of grief. This group began in late January of 2022, is held weekly, and is continuous rather than cyclical.

***I'm so glad there are places like this and groups like this.***

*--Support group participant & suicide loss survivor*

# WE LOVE OUR COMMUNITY!

## RECOVERY FESTIVALS IDAHO FALLS & POCA TELLO

250+ PEOPLE

110 PEOPLE

## CARWASH FOR RECOVERY

## OPIOID AWARENESS EVENT:

## WALK A MILE IN HER SHOES

30 PEOPLE





# ONGOING LEARNING & SUPPORT

## GUIDANCE, AWARENESS & RESOURCE ACTIVITIES

- 30 GEO GRADUATION
- 161 QPR SUICIDE PREVENTION TRAINING
- 44 TRIGGERS DISCUSSIONS
- 82 VET COURT MEETINGS
- 104 SPEAKER MEETINGS
- 12 HAIRCUTS FOR HOMELESS

*"Grace, you made my week!"  
--Haircut Client*

## SUPPORT-RELATED ACTIVITIES



- ✓ Fishingg
- ✓ Football
- ✓ Softball Team
- ✓ Rock Painting
- ✓ NA Marathon Meeting
- ✓ Movie Night
- ✓ Veterans Trauma Therapy
- ✓ Sober Yoga
- ✓ Rock Wrapping
- ✓ Corn Hole

OUR COMMUNITY IS READY TO WELCOME YOU.

# COMMUNITY-- SMALL & LARGE



## MEN'S RETREAT

Recovery isn't just about surviving. It's about individuals building the foundation of skills and support necessary to live their best life.

That effort requires self-reflection and moments of peace.

The men's retreat gave 13 men in recovery a chance to gather in a beautiful place, where they can laugh, bond, and have a blast outdoors. That's rare.


***Center for Hope thanks Hayden Distributing for making our men's retreat possible! These 13 men strengthened bonds and shared experiences that solidify their recovery. We appreciate your generosity!***

PLEASE JOIN US FOR A  
**COMMUNITY CONVERSATION**

TOPIC ONE	OVERDOSE RISK & RESOURCES
TOPIC TWO	SUICIDE PREVENTION & RESOURCES
TOPIC THREE	GRIEF SUPPORT & RESOURCES

5pm: Resources & Info  
6-8pm: Community Conversation

JULY 12  
BENNION STUDENT UNION  
1784 SCIENCE CENTER DRIVE



## STAKEHOLDER CONVERSATION

Unlike our usual community conversations, this gathering had a smaller, more concentrated focus.

Attended by 23 vendors and 60 total participants, the stakeholder conversation created space for honest discussion about painful issues facing the recovery community. Insights were shared, and collaboration was facilitated.

The general consensus was that these conversations are needed more often.



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