



2019/2020

# ANNUAL REPORT

CENTER FOR HOPE

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***Often, stepping into a recovery center is the first step out of a life of pain and despair and into a life of sobriety and sustained mental health.***

**-- Recovery Idaho**

**<https://www.recoveryidaho.org/why-recovery-centers>**



## WHO WE ARE

The Center for Hope provides opportunities for socialization, education, and participation in activities that support wellness and recovery from behavioral health challenges, including substance use.

The Center also strives to be an advocate for the recovery community in our region and state. Our mission is to help as many people in our communities as possible. We are deeply grateful for the many donations and support that we receive from the local communities and volunteers.

We care about our clients' and volunteers' well-being, and we will help individuals feel comfortable in their recovery situation. Center for Hope is committed to providing strong support in both times of need and on an ongoing basis.

Hope is more than wishful thinking. Hope is the bedrock upon which recovery grows. With hope comes motivation, and with motivation comes meaningful action.



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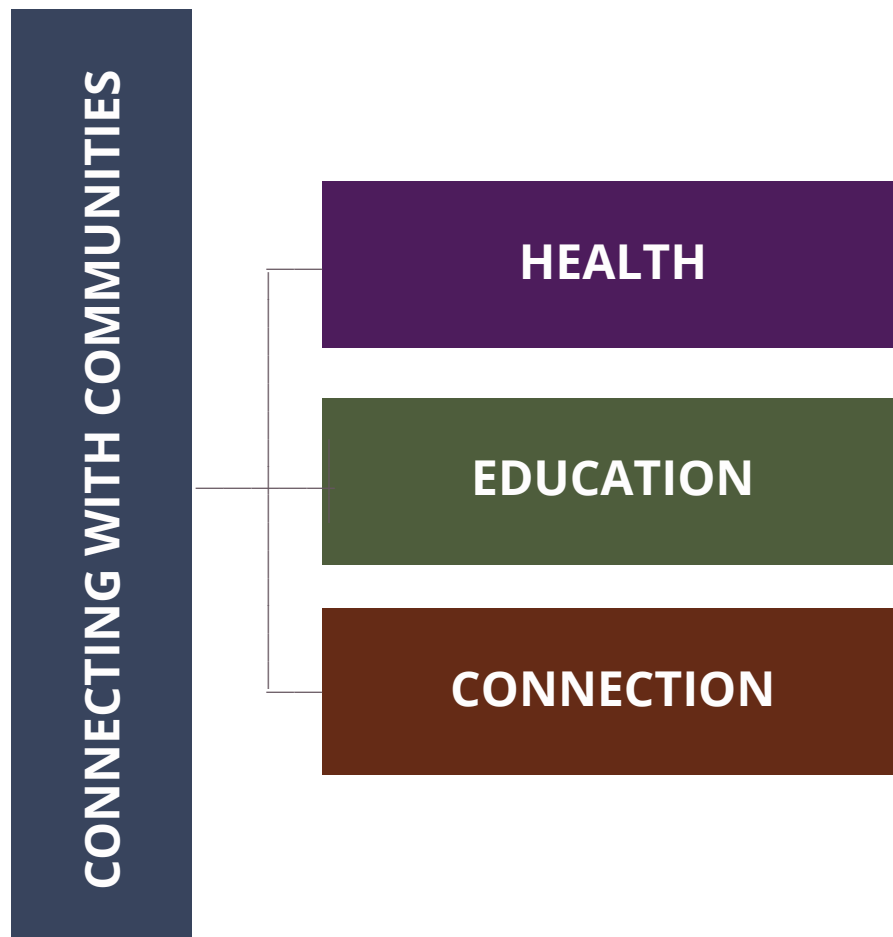
**CENTER FOR HOPE  
IS COMMITTED  
TO SAFETY &  
WELL-BEING  
IN THE RECOVERY  
COMMUNITY**

## 2019-2020 SUMMARY

### TOTAL VISITS: JULY 2019-MAY 2020

JULY	819	7,615 TOTAL VISITS	<b>SUPPORT GROUPS</b>  Alcoholics Anonymous  Narcotics Anonymous  Crystal Meth Anonymous  SMART Recovery  Chronic Pain
AUG	895		
SEPT	808		
OCT	871	994 RURAL OUTREACH / CONVERSATIONS & CONNECTIONS PARTICIPANTS	<b>COVID-19 ADAPTATIONS</b>  Support Groups via Zoom  <i>Minimum of 3 weekly sessions</i>  <b>300+</b> attendees  IFCRC Engagement via Zoom  <i>One check-in session</i>  <i>One QPR training</i>
NOV	982		
DEC	1918		
JAN	1065	800+ QPR SUICIDE PREVENTION CERTIFIED	
FEB	1114		
MAR	596		
APR	63	4864 SUPPORT GROUP ATTENDEES	
MAY	112		
JUNE	PENDING		

## RURAL OUTREACH PROJECT



RURAL OUTREACH PROJECT

**The Center for Hope Rural Outreach Project is directly responsive to key findings in the 2019 Community Needs Assessment** completed by Eastern Idaho Public Health, Eastern Idaho Community Action Partnership, United Way, and VOICE Advocacy. This assessment includes results from community conversations held in each of the nine counties covered by Region 7 Public Health, as well as additional county-specific quantitative data.

**The assessment identifies mental and behavioral health, as well as access to education and resources as high priorities** throughout the Eastern Idaho region. The Rural Outreach Project and specifically the QPR suicide prevention training component align with high priority needs.

**For many individuals residing in rural counties, accessing essential resources means overcoming transportation, time, and economic barriers.** Many residents could not otherwise feasibly obtain the information and training made available through the rural outreach project. Access to resources is particularly challenging for individuals under IDOC supervision and members of the recovery community generally.



## RURAL OUTREACH PROJECT

**The Center for Hope Rural Outreach Project focuses on empowering individuals under IDOC supervision, drug court participants, and members of the recovery community by educating them about issues vital to their health and well-being.** The project, which is staffed and sustained by Center for Hope personnel and volunteers, consists of two components: Conversations & Connections (C&C) and QPR Suicide Prevention training.

**The Rural Outreach Project is active throughout Bingham, Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton counties.** The proximity of the Center for Hope to the Idaho Falls Reentry Center and to the wide range of various experts in Idaho Falls enables delivery of a robust and diverse series of educational presentations. Professionals with expertise in fields such as mental health, housing, employment, communication, and mentoring provide the *Conversations & Connections* presentations.

**Bringing QPR and other suicide prevention and postvention training to members of rural recovery communities will remain the highest priority throughout 2020-2021.** Up-to-date QPR data is included in the Region 7 Suicide Prevention Pilot Project section of this report.

### OUTCOMES

*To provide IFCRC residents and recovery community members with information & insights that facilitate self-direction, healthy relationships, and awareness of community resources*

*To build a sense of belonging and community among attendees and presenters by cultivating genuine interactions and mutual respect*

*To strengthen attendees' confidence and self-advocacy skills, with particular attention paid to their mental health, housing, employment, educational, and parental needs*

### CURRENT ASSESSMENTS

*Measuring attendance, both in terms of total numbers and repeat attendance*

*Noting continued attendance upon release from CRC or graduation from drug court*

*Conversations/interviews with individual attendees (periodic and organic)*

### FUTURE ASSESSMENTS

*3-, 6- & 12-month follow-up surveys*

# REGION 7 SUICIDE PREVENTION PILOT PROJECT



The Region 7 Suicide Prevention Pilot Project grew out of the Center for Hope Rural Outreach project. Findings derived from pre- and post-training surveys completed during QPR trainings provided by Center for Hope for drug court participants in Bonneville, Madison, Teton, and Jefferson Counties, as well as to teachers in Custer County were very promising

Idaho Department of Health and Welfare reviewed this data and decided to grant Eastern Idaho Public Health and Center for Hope \$10,000 to complete a suicide prevention pilot project in which hundreds of Eastern Idahoans (and others around the state) would receive QPR training. This project is currently underway.

***I dealt with ideas about suicide a lot during high school, and I expressed it often. I didn't get much of a response from anyone, and I got pretty close to acting on them. I don't want that to happen to others, especially because it's so easy to do.***  
-- QPR Trainee

***Lots of premature losses in my family, substance abuse is prevalent and also some completed suicides. I see it in my work as an advocate and nurse.***  
-- QPR Trainee

# REGION 7 SUICIDE PREVENTION PILOT PROJECT

QPR is a practical suicide prevention training for nonexperts. It teaches trainees how to better:

- Recognize the signs that someone may be having thoughts of suicide
- Communicate with someone at risk in a safe and constructive manner
- Refer someone to help

This training is essential for returning citizens, drug court participants, and members of the recovery community because their circumstances place them at increased risk of suicide. Their family members and friends are apt to be at high risk also.

## RURAL OUTREACH QPR TRAININGS NUMBER OF TRAINEES & DEMOGRAPHIC GROUP

41	Eastern Idaho Public Health (Round 2)
34	Custer County School District Faculty
33	Bonneville County Drug/Vet Courts
33	Wood Court
26	Madison County Drug Court
21	IFCRC
20	Bingham County Drug Court
10	Teton County Drug Court

**TOTAL TRAINEES PRE-COVID-19: 218**

## PILOT PROJECT TRAININGS

33	Jefferson County/EICAP
32	Clark County Schools
31	State P and P
24	RACE
18	Free2succeed
12	CRC
10	BYU-Idaho students
8	Hairdressers
8	Reg 7 ACT team
3	Bingham County Sheriff +
2	Hospice +
1	Drug court coordinator
1	Head Start
1	Security @ BHCC

## QPR EFFECTIVENESS - PRE- & POST TRAINING FINDINGS CUMULATIVE BONNEVILLE, MADISON, & TETON COUNTIES

		PRE	POST	CHANGE
% of Trainees Who Consider Themselves <b>Quite Aware or Highly Aware</b>	<i>I know what to <b>SEE</b></i> (recognizing signs)	22%	<b>83%</b>	<b>61%</b>
	<i>I know what to <b>SAY</b></i> (asking about suicide safely)	15%	<b>79%</b>	<b>64%</b>
	<i>I know what to <b>DO</b></i> (referring to help)	26%	<b>86%</b>	<b>60%</b>

# 800+

**QPR TRAINED  
WITH  
CENTER FOR HOPE  
&  
ANDRA SMITH HANSEN**



## CONVERSATIONS & CONNECTIONS

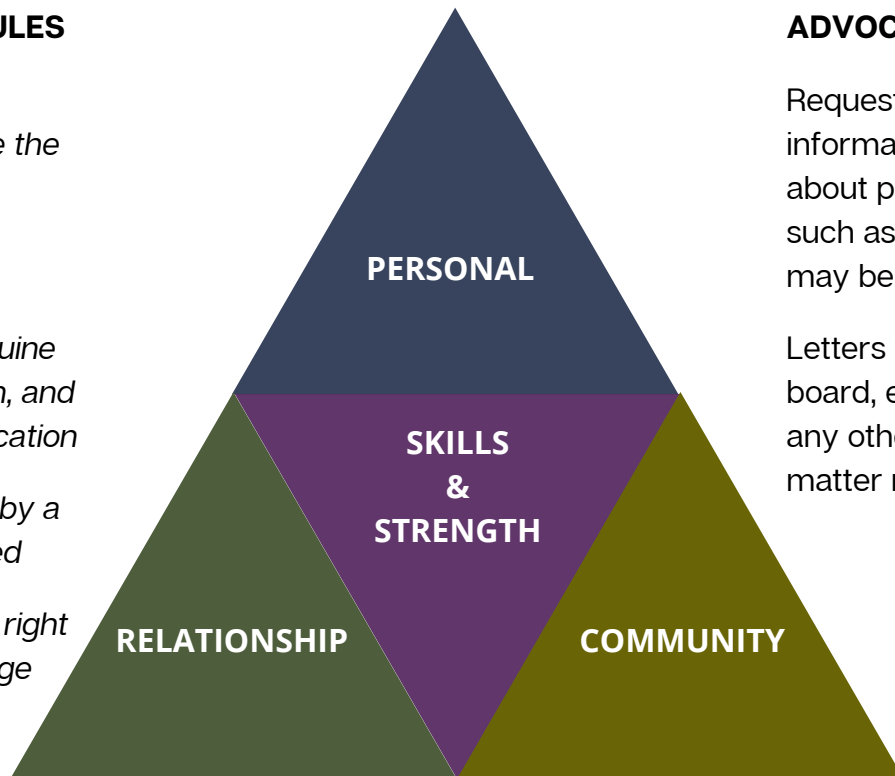
### C&C GROUND RULES

*Empathy and understanding are the basis of healthy community*

*Mutual respect is generated by genuine listening, reflection, and rational communication*

*No one is defined by a label, felon included*

*Everyone has the right to grow and change*



### ADVOCACY & SUPPORT

Requests for additional information & research about pressing topics, such as available housing may be submitted

Letters for CPS, the parole board, employment, or any other barrier-related matter may be requested

See appendix for list additional of presenters and number of attendees

*Conversations & Connections presentation topics are selected based on Center for Hope's commitment to help returning citizens and members of the recovery community more generally in their effort to gain traction and thrive. Strengthening skills pertaining to self-understanding and presentation, relationship building, and community resource navigation is essential to this effort.*

### WINTER 2020 SERIES PRESENTERS

**Daniel Zeigler**, Probation and Parole Section Supervisor: Q&A

**Bradford Foster**, Returning Citizen: Financial Recovery

**Emma Johnson**, Eastern Idaho Field Representative for the Governor: Q&A

**Derek Emery**, Peer Recovery Coach & Free2Succeed Mentor: Incarceration to Community

**April Moedl**, LCSW, Rehabilitative Health Services: Dealing with Grief

**Dr. Aaron Harris**, Ph.D., Psychologist at Healthy Care Solutions: Recognizing and Managing PTSD

**Heather Moore**, RN, Director of Medical Services at RHS: Healthy Mind, Healthy Body, Healthy Life

**Andra Smith Hansen**, BYU-Idaho Faculty: Self-Advocacy 1&2: How to Be Heard; Increasing Relevance

**IFCRC & VOICE Advocacy**: Share Your Story

# OUTREACH & COLLABORATION

## COMMUNITY ENGAGEMENT

Center for Hope recognizes that just as individuals in recovery need community, organizations need collaboration. In that spirit, the Center is a true community partner. Win-win projects advance the interests of everyone, and Center for Hope seeks out such opportunities.

Below are some of the key events and efforts the Center for Hope has participated in over the past year.

### CAUSES

Donuts for Drug take back

Bikers against Bullies

Grand Opening of reentry  
services at  
Center for Hope

### AWARENESS

Bonneville Youth  
Suicide Prevention Art Gallery

I ROAR

Conversations of Hope

### ACTIVITIES

Movie Nights

Football games

Barbecues



# APPENDIX

## CONVERSATIONS & CONNECTIONS

### SUMMER & POST-COVID-19 CALENDAR

July 1, 2019 to June 30, 2020

#### 10 week Conversations and Connections

In conjunction with Andra Smith Hansen - VOICE Advocacy

Audience includes: Community Reentry Center residents, problem solving participants, recovery community, and general public

Number indicates attendance at each conversation

#### July

- 37** Suicide Prevention-QPR
- 38** Keys to Success- Judge Watkins
- 39** Problem Solving
- 36** AA panel-long term recovery
- 35** Interpersonal Communication

**Total July 185**

#### August

- 16** Outdoor Experiences
- 18** Healthy Relationships
- 18** Navigations
- 18** Credit Repair Banking information
- 17** Advocating for yourself
- 30** Dr. Aaron Harris

**Total August 117**

**TOTAL COMBINED 302**

#### November

- 111** QPR- Suicide Prevention (Wood court, Drug court, Vet court)
- 39** Judge Watkins
- 29** Medicaid Expansion
- 37** AA/NA Speaker Meeting
- 27** Conflict Resolution Andra Smith Hansen

**Total November 243**

#### December

- 27** Brett Hampton Parenting
- 23** CEI
- 27** Housing Blair Bradley
- 18** Self Advocacy Andra Smith Hansen
- 31** Stephanie Taylor Silva

**126 Total December 126**

**TOTAL COMBINED 369**

#### APRIL 2020

- 14** CRC Check-in via Zoom due to COVID-19

