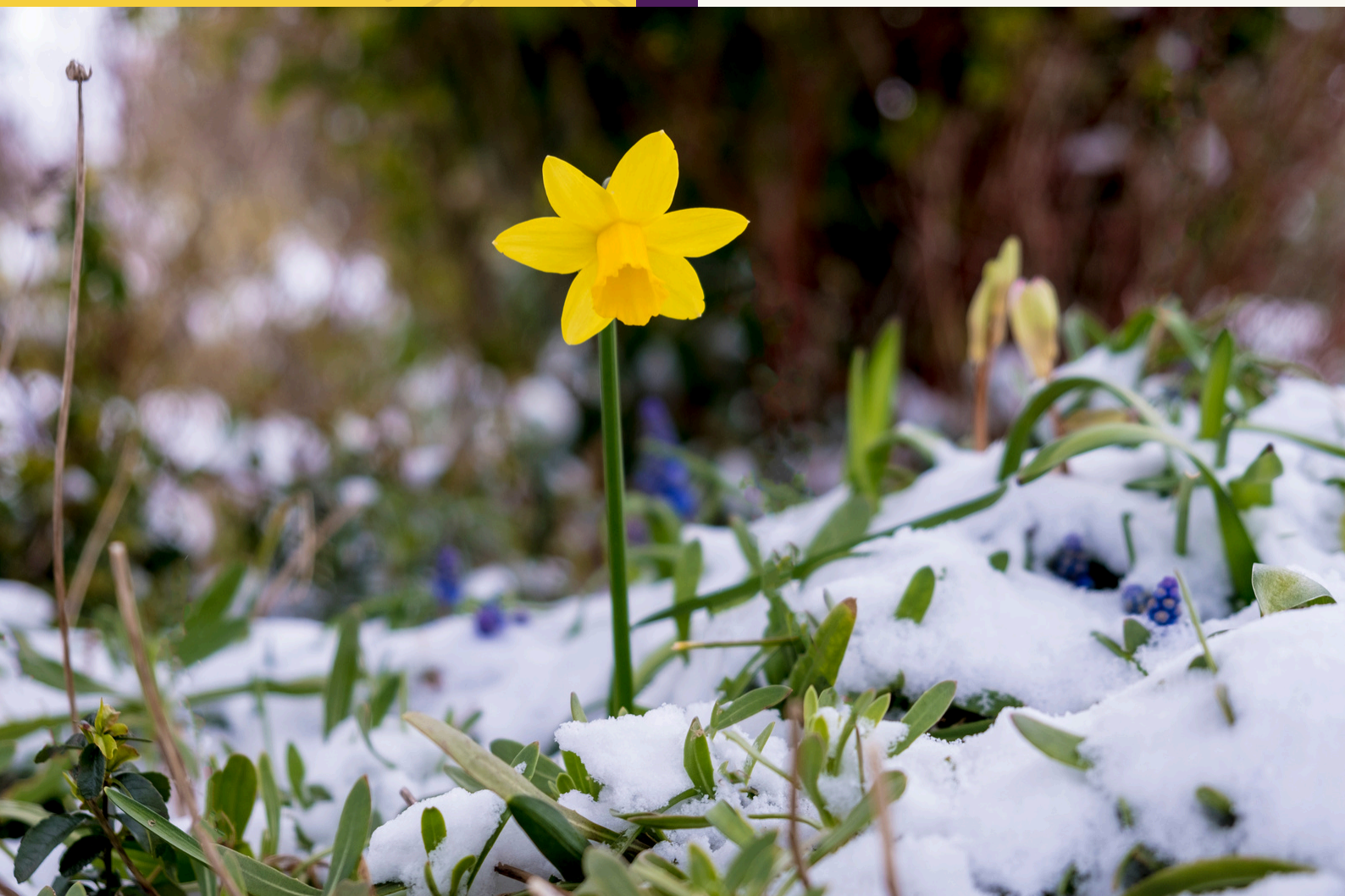


# **CENTER FOR HOPE**

**QUARTERLY REPORT  
JANUARY-MARCH  
2025**



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



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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!**

***"Recovery is about progression, not perfection."***  
-Anonymous

# A WORD FROM OUR DIRECTOR

During the late winter, when the snow seems to linger and the cold winds can sometimes be relentless, I'm especially aware of the role Center for Hope plays in my life and the lives of our coaches and clients.

Sometimes, in the late evening, the center becomes a quiet place, a peaceful space that invites reflection and gratitude.

Other times, the sounds of conversation and laughter awaken a kind of lightheartness and a sense possibility.

Recently, a resident of the Idaho Falls Community Reentry Center said, "The Center for Hope benefits me with the support and social connections I need. I can get input and advice I can't get anywhere else."

Support is at the heart of everything we do at the Center. Our recovery coaches embody it. Our clients feel it and reciprocate.



No matter how cold or long the winter seems, Center for Hope will always be a safe and welcoming place.

Thanks to our coaches and clients who continue to make this vision a daily reality! Working alongside you is a privilege.

--Nancy

# RECOVERY COACHES & EDUCATIONAL PROGRAMS

## Groups

Self Help – **4,169** Idaho  
Falls, **125** Rexburg  
Triggers – **69**  
Veterans Group – **169**

## Education

Grief & Loss Group – **71**  
Start Where You Are – **320**  
Start Where You Are – **100**  
(IFCRC)

**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 – **85**  
Active – **343**

## CENTER FOR HOPE Recovery Coaches

Active – **164**  
Referrals to MAT – **44**  
Computer Lab – **111**  
NARCAN given – **300**

## TREATMENT COURTS/ Recovery Coaches

Active – **211**  
Treatment Referrals – **52**  
Probation & Parole – **47**



# RECOVERY IN ACTION



## IDAHO FALLS

Alcathon – <b>175</b>	Chili Cook-off – <b>40</b>
Painting – <b>85</b>	Mentor Training – <b>30</b>
UFC – <b>130</b>	Taco Chili – <b>30</b>
Movies – <b>22</b>	Bingo – <b>32</b>
BBQ – <b>46</b>	Super Bowl – <b>110</b>
Mustang Challenge – <b>25</b>	



## REXBURG

Board Games – <b>39</b>	Sugar Beast – <b>3</b>
Ice Skating – <b>5</b>	Movie – <b>12</b>
UFC – <b>4</b>	Frisbee Golf – <b>6</b>
GED – <b>44</b>	Super Bowl – <b>5</b>
Rock Gym – <b>6</b>	

# PEER TESTIMONIAL

**In the below letter, Brandi, a Wood Court graduate and volunteer at Center For Hope shares her experience and appreciation.**

I remember early in my recovery walking into the Center For Hope for the first time. I walked in there feeling pretty unsure and completely out of my comfort zone.

I soon saw a couple familiar faces which helped put me at ease a little bit. I began going to the Center on a regular basis to meet with a recovery coach and attend meetings and activities.

I remember seeing people come in there and they were so comfortable there it looked like they were at home when they came through the doors.

I saw the connection they had not just with their peers but also with the staff. I remember thinking that's what I want but of course my own self doubt told me no, I would never have that.

That was a year and a half ago and so much has changed during that time.

Now I walk through the doors and I feel at home. I have held a service position for the last 10 months.

I still attend meetings and activities and the connections and friendships I have built there are lifelong.

The staff, Nancy, Donna, Michelle, Kyle, Matt and Mark have had such a huge impact on me. They have given me so much support and encouragement and I have learned so much from them over the last 18 months.

We are truly blessed to have a place like this in our community and I will forever be grateful for The Center for Hope and for all they do.

**“Sometimes we  
just need  
someone to  
simply be there,  
not to fix  
anything, but to  
let us feel we’re  
supported and  
not alone.”  
— Unknown**

# IGNITE PROGRAM

## RECOVERY SUPPORT SERVICES

**Recovery Coach, Mathew Wiley shares in his own words how recovery support services are provided in Bonneville County Jail through the IGNITE Program.**

I am a recovery coach at the Center for Hope and recently we developed a new program (IGNITE) where we provide recovery support services within Bonneville County Jail.

We facilitate peer-based groups in our corrections system, that ultimately teaches how to notice and deal with cognitive dissonance, (inconsistent thoughts, beliefs, or attitudes relating to behavioral decisions and attitude changes, in and out of the recovery process).

Simply put, I hold two classes a week in our local jail with people who struggle with addiction and coping skills for life. We provide a safe nonjudgemental arena for people to openly discuss and learn how to deal with life on life's terms.



In our groups we discuss and practice critical thinking, self-awareness, community, and our place in it. We attempt to see how our past behaviors have led us to our current circumstances and how we can learn for ourselves how to identify these behaviors and thought patterns.

This is done in a way that is on an “even playing field” and openly discuss the pros and cons of change and the stages that are involved.

In my time I have noticed many things, a few of which are the desire for a new life, the want to learn and grow and a profound appreciation of people willing to help teach the skills necessary to become critical thinkers that can be self-directed rather than situationally directed.

In a nutshell we show that there is light at the end of the tunnel if you are willing to work for it. I like to call that HOPE.



# MENTORING

Mentoring is essential to recovery. Whether that support is provided by a sponsor, recovery coach, or peer support specialist, the one commonality they all have is their ability to be a mentor. With a commitment to abide by the below seven guiding principles, anybody who desires to be a mentor can be successful.

## 7 Guiding Principles of Mentoring



The programs at Center For Hope rely heavily on mentoring, and would not be as successful without this essential aspect of recovery.



**The below report, completed in February 2025 is an in-depth description of *Start Where You Are*, which is designed specifically for residents of the Idaho Falls Reentry Center**

## **A Quick Look at *Start Where You Are***

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*Start Where You Are* began with the conviction that given anyone can build a better future. This conviction led to exploratory gatherings with residents of the Idaho Falls Reentry Center. The exploration evolved into a Center for Hope program based on educationally-oriented discussions.

Together, IFCRC residents and Center for Hope leadership and staff engage in weekly, guided conversations during which we collectively cultivate the courage to believe in ourselves, the skills to face challenges with clarity and purpose, and our supportive, life-affirming connection with each other.

This report is not comprehensive. It captures reflective comments and results from 21 surveys completed after a Thursday evening session late in 2024. We purposely don't "assess" the "outcomes" of the program, in part to distinguish it from many other required programs in which incarcerated individuals engage. *Start Where You Are* participants attend voluntarily, socialize freely when at the Center for Hope, and actively contribute to the conversation or not. Autonomy and authenticity are core to the experience.

That said, the program is informed by best reentry practices and by standards of communication and critical thinking. This document does include occasional references to National Institutes of Justice, SAMHSA, and CDC reports.

Report prepared by:  
Andra Smith Hansen

Survey Review:  
Breanna Latouche



# It's C4H. It's Personal.

## Participant Perspective:

The way we are all included in the discussion and our responses are used to direct the conversation gives me a true sense that I matter and that gets me involved.

--CRC Resident

## From National Institute of Justice's "Five Things About Reentry"

Programs and services should be tailored to the unique needs and risk factors of an individual, to the extent possible.

