

# CENTER FOR HOPE

QUARTERLY REPORT  
OCTOBER-DECEMBER 2022



# TABLE OF CONTENTS

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.

A WORD FROM OUR DIRECTOR	3
LEANING IN: COMMUNITY BUILDING	4
THE RURAL POSTVENTION PROJECT	5
OUR RECOVERY COACHING	6
SUPPORT GROUPS & EDUCATIONAL PROGRAMS	7
ONGOING LEARNING & SUPPORT	8
COMMUNITY, CONNECTIONS & RECOVERY	9

*We look forward to a great 2023!  
Let's keep recovery vibrant!*



**THANKS to  
UNITED WAY  
FOR MAKING OUR AMAZING  
FACILITY POSSIBLE!**





# A WORD FROM OUR DIRECTOR

At Center for Hope, we're always striving for excellence. We recognize that wisdom lies in paying attention to the process and learning as we go.

We're incredibly thankful for the community members who make our center a home. And we're deeply grateful to the supportive individuals and organizations who allow us to keep that home alive and welcoming.

From bringing in national experts, to extending the reach of our educational programs, to celebrating the professional development of our phenomenal, home-grown staff, we made the most of 2022.

We can't wait to dive into 2023. We kick off another year of sobriety with hope. We extend an open hand to anyone who joins our community. We become our best selves together!



## THANK YOU!

- IDAHO DEPARTMENT OF HEALTH & WELFARE
- REGION 7 BEHAVIORAL HEALTH BOARD
- UNITED WAY
- OPTUM
- ALI HAYDEN

**WE COULDN'T DO IT WITHOUT YOU!**

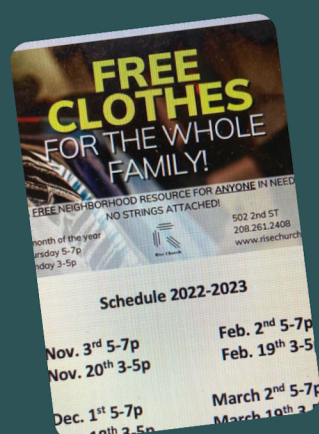
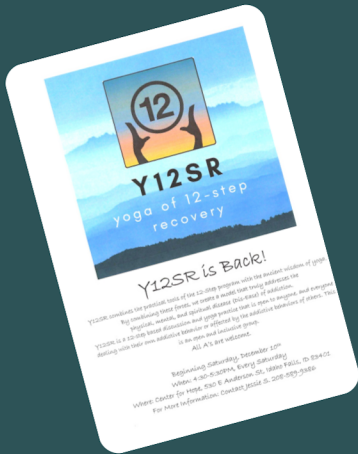


Center for Hope was pleased to welcome Jen Marr, author of *Showing Up* and founder of Inspiring Comfort.

Jen visited our Thursday grief support group before heading across town for a Center for Hope-sponsored community event.

Thanks, Jen! We're glad you stopped by!

# LEARNING IN: COMMUNITY BUILDING





# RURAL POSTVENTION PROJECT

**THANK YOU →**

**Region 7  
Behavioral Health Board**

A generous grant from the Region 7 Behavioral Health Board made it possible to bring Joanne Harpel to Southeast Idaho. A suicide bereavement expert, Joanne has supported thousands of suicide loss survivors as they navigate their grief.

In late October, 26 recovery coaches, community service providers, educators, university students, and others from six counties in eastern Idaho, gathered at Blue Heron Inn to learn about grief support facilitation. Conversations and questions moved from professional to deeply personal and back to professional, as participants learned how to facilitate suicide loss grief support groups. Attendees were visibly moved and some described the experience as transformative.

*In the recovery community, loss is all too common. Many of us worry about friends who have lost someone they're close to. We wonder what do do.*

*The Dougy Center can guide us. "Your friend doesn't need you to fix them or their grief, which is good because grief can't be fixed! What they do need is for you to show up, stick around, act normal, and listen."*



# OUR RECOVERY COACHING



	OCTOBER	NOVEMBER	DECEMBER	TOTAL
WARM HAND-OFFS	12	8	8	28
SELF-HELP MTGS	47	54	23	124
ACTIVITIES	11	3	3	17
PROBATION & PAROLE	6	5	—	11
HOSPITAL / MEDS	11	24	17	52
JAIL CALLS	-	2	2	4
CRISIS CENTER REFERRALS	63	50	33	146
GRPA CONTACTS	194	177	150	521



# SUPPORT GROUPS & EDUCATIONAL PROGRAMS

**4787**  
total visits

## SELF HELP GROUPS

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.

**336**  
total visits

## START WHERE YOU ARE

*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.

**97**  
total visits

## POSTVENTION/GRIEF SUPPORT

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.

***"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you'll learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to."***

***--Elisabeth Kubler-Ross & David Kessler  
On Grief & Grieving***

# ONGOING LEARNING & SUPPORT

## GUIDANCE, AWARENESS & RESOURCE ACTIVITIES

- 26 GRIEF SUPPORT FACILITATION  
TRAINING W/JOANNE HARPEL
- 125+ SUPPORTIVE CARE EVENTS W/JEN MARR
- 101 VETERANS MEETINGS
- 49 SPEAKER MEETINGS
- 10 HAIRCUTS FOR HOMELESS INDIVIDUALS

## SUPPORT-RELATED ACTIVITIES



OUR COMMUNITY IS WAITING TO WELCOME YOU!  
JOIN US!

Take Back the Night  
Sober Yoga  
Bingo  
Movie Night  
Veterans  
Trauma Therapy  
Corn Hole  
NFL Football  
NA Regional  
Dance  
Rock Wrapping



# COMMUNITY, CONNECTIONS & RECOVERY

According to SAMHSA:

## The Four Major Dimensions of Recovery:

- **Health:** overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and **emotional well-being**
- **Home:** having a stable and safe place to live
- **Purpose:** conducting **meaningful daily activities**, such as a job, school volunteerism, **family caretaking, or creative endeavors**, and the independence, income, and **resources to participate in society**
- **Community:** having **relationships and social networks that provide support, friendship, love, and hope**



At Center for Hope, we take all the dimensions of recovery seriously--and we recognize that recovery becomes a joyful experience. We love celebrating individuals, families, and supportive relationships in general. Our passion is to create a framework within which people can thrive!



REPORT PREPARED BY:  
ANDRA SMITH HANSEN  
ASMITHHANSEN@GMAIL.COM  
208.589.7759