

# CENTER FOR HOPE



QUARTERLY REPORT  
JANUARY-MARCH 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
DIVERSIFIED TEAMWORK	4
DID YOU KNOW...	5
OUR RECOVERY COACHING	6
SUPPORT GROUPS & EDUCATIONAL PROGRAMS	7
ONGOING LEARNING & SUPPORT	8
POSTVENTION & GRIEF SUPPORT	9
GENERATING COMMUNITY ENGAGEMENT	10



THANKS TO  
UNITED WAY  
FOR MAKING OUR  
AMAZING FACILITY  
POSSIBLE!





# A WORD FROM OUR DIRECTOR



**Nancy Espeseth and Clynt Marshall, CEO of the Dallas Mavericks and keynote speaker at the NATCON conference in Washington, DC**

The Center for Hope welcomes members of the recovery community, their families, and the community more generally. We strive to support and empower anyone who walks through our door.

Increasingly, we seek to build bridges--to greater knowledge, more resources, and diverse partners--in an effort to provide best-practice service to our clients.

It's a privilege to serve the recovery community.

Thanks to the United Way for supporting our access to an amazing venue. Thanks to IDOC for recognizing the remarkable partnership opportunity we have. Thanks to Idaho Department of Health & Welfare for the funding to provide education and resources to so many people.

Let's keep strengthening our community!

GOOD THINGS HAPPEN WHEN PEOPLE WORK TOGETHER!



# DIVERSIFIED TEAMWORK



*Andra Smith Hansen is an integral part of the Center for Hope team. Andra and I began working together approximately 3 years ago and she has supported the Center for Hope on many projects. We are truly blessed for the work we have collaborated on, the individuals she has touched and the values she carries that make her the person she is.*

*The initial project we worked on, was with the Idaho Department of Correction residents here at the re-entry center in Idaho Falls. Residents, (state inmates), were allowed to come to the Center for Hope for educational groups that Andra taught. The group topics included, how to advocate for yourself, conflict resolution and investing in yourself. Along with that, Andra spearheaded sessions called Conversations and Connections. This would entail bringing in a variety of speakers from the community to speak on various topics to our recovery community.*

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*When COVID restrictions came into play the residents from the re-entry center coming to these activities were put on pause. We then coordinated with the local Drug and Wood Court coordinators and began serving the individuals participating in those treatment programs.*

*Andra and I began a venture into suicide prevention training, QPR, question-persuade-refer. We trained people on the "front lines" in the recovery community. We traveled to Boise and trained residents and staff in all of the reentry facilities in Boise. We trained the local participants in the treatment courts as well as traveling to Blackfoot, Rexburg, Driggs and Challis, providing training individuals in those areas as well. Andra has continued with the suicide prevention throughout the state and is considered a leader in this effort.*

*Andra, along with her students at BYU-ID have been the backbone in putting on Community Conversation in our communities. These events are aimed at bringing community members together, having real discussions about challenging issues and possible solutions.*

*More importantly than all the collaboration that Andra does with the Center for Hope, I value her character, dedication and passion to help people navigate life on easier terms. She has a non-judgmental approach and connects with those she interacts with.*

*We are proud to have Andra as one of our team members! Thank You Andra*



# DID YOU KNOW...

At Recovery Outloud 2022, Idaho Department of Correction awarded our recovery coaches with a certificate of appreciation for their service to IDOC clients.

## CONGRATULATIONS BENJI, MARC, GRACE & DONNA!



# OUR RECOVERY COACHING

	JAN	FEB	MAR	TOTAL
WARM HAND-OFFS	10	5	13	28
SELF-HELP MTGS	8	21	21	50
ACTIVITIES	12	5	10	27
PROBATION & PAROLE	3	9	10	22
HOSPITAL / MEDS	14	6	2	22
JAIL CALLS	9	4	1	14
CRISIS CENTER REFERRALS	52	77	72	201
GPRA CONTACTS	122	106	93	321

*I have benefitted so much from my mentor. It's really rewarding to be in school and to be trying to help people out. I'm a mentor now. And I hope I can be the kind of person my mentor was for me.*

--Recent Start Where You Are Participant



# 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

**242**  
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

**154**  
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 feel like grief support has been the missing piece in recovery.***

*--Support group participant & Brick House graduate*

# ONGOING LEARNING & SUPPORT

## GUIDANCE, AWARENESS & RESOURCE ACTIVITIES

126  
NEW  
496  
CONTACTS

REENTRY CONTACTS/SUPPORT

176 TRIGGERS DISCUSSIONS

54 VET COURT MEETINGS

75 SPEAKER MEETINGS

12 HAIRCUTS FOR HOMELESS

## SUPPORT-RELATED ACTIVITIES



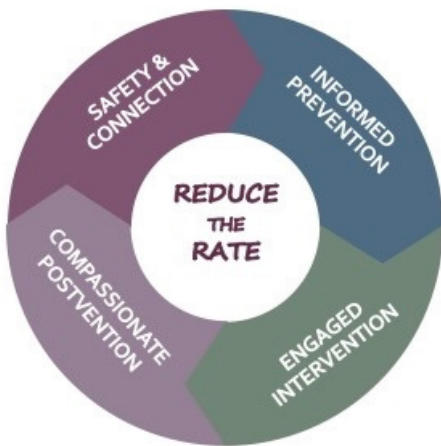
OUR COMMUNITY  
IS READY TO WELCOME YOU.  
JOIN US!

- ✓ Face Painting
- ✓ Bingo
- ✓ Board Games
- ✓ Rock Painting
- ✓ NA Marathon Meeting
- ✓ Movie Night
- ✓ Veterans Trauma Therapy
- ✓ Sober Yoga
- ✓ Rock Wrapping
- ✓ Corn Hole



# POSTVENTION & GRIEF SUPPORT

## PROCESSING GRIEF: SUICIDE PREVENTION & POSTVENTION



Dr. David Rudd has explained that many individuals struggling with thoughts of suicide are actually struggling to manage one or more risk factors.

Risk factors often emerge after trauma and loss, and with those experiences comes grief. Managing risk factors is challenging. But when grief goes unrecognized or unresolved, managing risk factors can feel impossible.

While awareness of trauma and trauma-informed care is rapidly increasing, commitment to grief-informed practices and support lags behind. According to TAPS, "**grief work** is the process of identifying grief as love and finding positive ways to integrate these emotions into one's life. **Posttraumatic growth** is the process of creating positive change for oneself after facing such devastating loss."

To assist in the grief work for both suicide loss survivors and members of the recovery community more generally, Center for Hope launched a grief support group in late January of 2022.

The experiences shared range

from raw to reflective to empowering to uplifting. After the first session, it was immediately clear that grief support is urgently and broadly needed. Best practices are vital, of course. Support facilitators sought training from The Dougy Center for Grieving Children & Families, the New Mexico Children's Grief Center, NAMI-Idaho, and Coping After Suicide.



## GRIEF SUPPORT

*Sometimes it's hard to face the future.*

***Let's do it together.***

**WHAT:** *Grief & Loss Support Group*

**WHEN:** *Thursdays, 5:15pm - 6:15pm*

**WHERE:** *Center for Hope*

***Compassion matters.  
You'll find it here.***



# GENERATING COMMUNITY ENGAGEMENT

Center for Hope is committed to bringing people together, solving problems, and empowering each other. Thanks to everyone who partnered to create **Slopes of Hope** and the **Homelessness Community Conversation**! Hundreds of people connected through these events!







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