

CENTER FOR HOPE



Second Quarter Report
Oct-Dec 2021

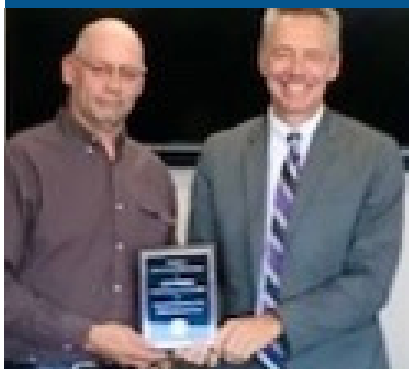


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This report provides an overview of the people, priorities, and projects that create the character of Center for Hope.

Center for Hope plays a crucial and very 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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Start Where You Are participants join in educationally focused discussions about self-advocacy, problem-solving, communication and conflict management, and resiliency. Participants include Center for Hope leadership, members of the recovery community, Wood Court participants, and BYU-Idaho students. The feeling of community and support is unmistakable.

A WORD FROM OUR DIRECTOR



I love it when people come back. Anyone who walks the road of recovery realizes the very literal meaning of staying sober one day at a time. Commitment to a safe recovery program takes an incredible amount of discipline. Relapse is visible and painful. Successes are quiet but deeply satisfying.

At the Center for Hope, there's so much trust. We support each other through the dark days and celebrate the good ones. So when someone who's been a friend of the Center but whose life has moved beyond it stops by to say hello, to check in, or to share a coffee and a story, it's truly a meaningful thing.

Mark, Benji, Grace, and Donna are among the most devoted, caring people I've had the privilege to work with. Members of the recovery community have courage, capacity, and strength. Together, we build relationships that endure.

Thanks to everyone who makes Center for Hope a source of renewal and possibility!

Nancy



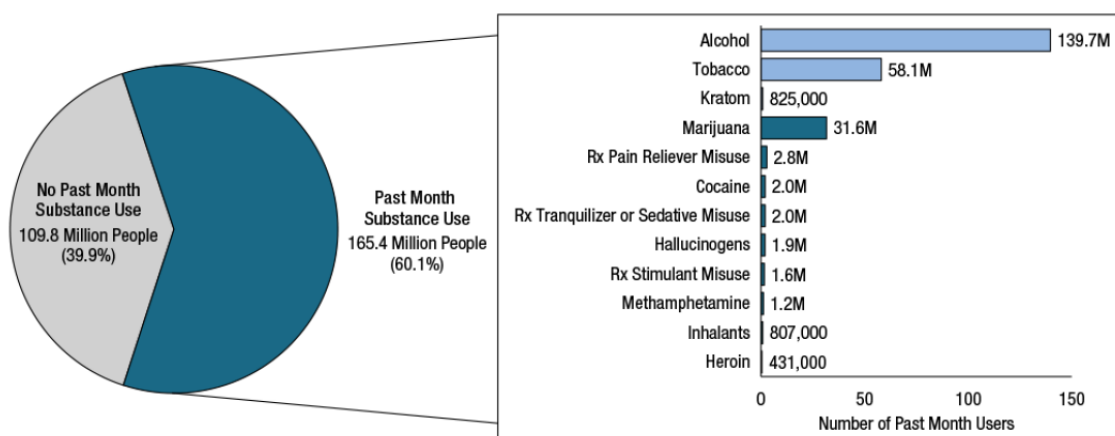
DID YOU KNOW?

HOW SUBSTANCE USE BREAKS DOWN IN THE U.S.

Substance use is a complex behavior, one that intertwines with mental health challenges, trauma, family patterns, and an array of other factors that influence individual lifestyle and problem-solving decisions. Two things are sure. SUDs are real, and the pain they create is pervasive.

The numbers below, provided by SAMHSA, are from 2019. Most experts agree the pandemic has driven them even higher.

Figure 1. Past Month Substance Use among People Aged 12 or Older: 2019



Rx = prescription.

Note: Substance Use includes any illicit drug, kratom, alcohol, and tobacco use.

Note: The estimated numbers of current users of different substances are not mutually exclusive because people could have used more than one type of substance in the past month.

THE VALUE OF RECOVERY COACHES

The content below is taken directly from "The Emergence, Role, and Impact of Recovery Support Services," in the March 2021 issue of *Alcohol Research, Current Reviews*.

Recovery coaches (RCs), who are typically in recovery themselves, are **trained to provide supportive services** (i.e., psychological, social, emotional, spiritual, employment, financial) to those who struggle with a substance use disorder...Sharing past lived experiences with SUD and recovery **cultivates trust** from newcomers (who may be apprehensive about asking for help), which as been **shown to increase motivation toward changing problematic behavioral patterns**. Overall, RCS Model recovery values of **honesty** and **open-mindedness**, a **capacity for introspection, problem-solving abilities**, the construction of a **recovery-based identity**, as well as a recovery-supportive social network.

OUR RECOVERY COACHING

	OCT	NOV	DEC	TOTAL
WARM HAND-OFFS	15	30	12	75
SELF-HELP MTGS	25	26	13	72
ACTIVITIES	55	32	7	71
PROBATION & PAROLE	3	3	7	12
HOSPITAL / MEDS	8	4	11	21
JAIL CALLS	3	1	-	3
CRISIS CENTER REFERRALS	74	54	63	191
GPRA CONTACTS	83 <i>(35 attempted)</i>	136	117	336

I am a drug addict (recovering) and learning to live life on life's terms clean and sober. I am grateful that the Center for Hope is here and available to me. I do and will use this place for my benefit.

--Recent Start Where You Are Participant

A SAFE SPACE FOR INDIVIDUALS & FAMILIES

Center for Hope offers a genuine community to anyone in the recovery community. Bringing individuals and families together--especially during the holidays--is one of our core values. It was a privilege to share creative and celebratory activities with people who consider C4H a second home.

✓ **THANKSGIVING MEAL**

63 attendees

✓ **GINGERBREAD HOUSES**

20 attendees

✓ **HOPE FOR THE HOLIDAYS**

22 attendees

✓ **CHRISTMAS DINNER**

40 attendees

✓ **NEW YEAR'S EVE**

38 attendees



Special thanks to Grace Hawkinson & Donna Johnson for making these events happen!

WHAT ABOUT GRIEF & LOSS?

RECOVERY OFTEN MEANS PROCESSING GRIEF

Battling an AUD or SUD takes courage and strength. Members of the Center for Hope community demonstrate those qualities daily as they engage in groups, sober activities, volunteer work, mentoring, laughter, and compassionate support of each another. One shared experience that forges an incredibly strong bond is loss. Grief shadows recovery because addiction inevitably involves a nuanced layering of losses. Individuals in recovery navigate anything from losses of freedom to relationships to jobs to confidence to dreams.

As explained by the JED Foundation, "cumulative grief occurs when we experience multiple losses close together, such as losing a loved one and then making a disruptive move...**A new loss, even if it occurs much later, can bring up unresolved feelings and compound the grief from the first loss...**[W]hen feelings of loss are persistent [they can] **interfere with life or other relationships.**"

In December, **Center for Hope provided its first grief education training for members of the recovery community.** *Recognizing & Responding to Grief*, a communication-based training to help individuals to respond compassionately and constructively to their own and others' grief. **The 22 people who attended shared stories and supported one another with insight and empathy.** *Recognizing & Responding to Grief* will be offered on an ongoing basis. Center for Hope is excited to launch **our first grief support group in early 2022!** Center for Hope is passionately committed to being a safe and welcoming space.

It can be hard to open ourselves to the pain we feel as we grieve. To do so requires courage and strength--two attributes we may feel we lack during grief's journey. If [we] can bring ourselves to face grief--to ride the wave of it and allow it into our lives--we may find that we are not swept away, but instead we are slowly given glimpses of light and peace.

--The Space In Between Grief & Growth, Mayo Clinic Health



From *Recognizing & Responding to Grief*



SUPPORT GROUPS & EDUCATIONAL PROGRAMS

SELF HELP GROUPS

3145
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.

GRATEFUL WARRIORS

109
total visits

Grateful Warriors is a veterans' group dedicated to creating a safe and sober environment for veterans.
*When weather permitted, Grateful Warrior meetings moved to an outdoor venue.

START WHERE YOU ARE

107
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.

Center for Hope wants to acknowledge the members of the recovery community who choose to volunteer. Because of you, our center feels like home. Anyone who walks in the door is sure to find a smile, a hot cup of coffee, and someone willing to listen. THANK YOU!

ONGOING LEARNING & SUPPORT

GUIDANCE & AWARENESS ACTIVITIES

727 REENTRY COACH ENGAGEMENTS

CLIENTS 236. / CONTACTS. 491

19 VET COURT GRADUATION

138 SPEAKER MEETINGS

285 QPR SUICIDE PREVENTION TRAINING

**Please see appendix for a more complete report*

individuals
trained between
October & December

SUPPORT-RELATED ACTIVITIES



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

APPENDIX:

QPR / OPTUM REPORT

QPR TRAINING & STANDARDIZED DATA PROJECT

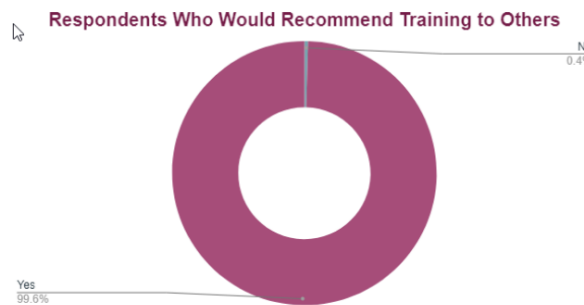
APRIL 2021 - DECEMBER 2021



ABOUT THIS REPORT

QPR training is being received very favorably throughout the state.

(See charts below)

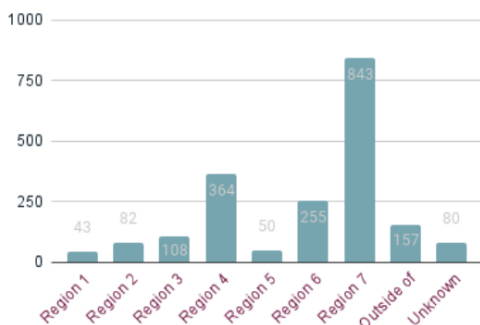


What is this data and how was it gathered?

The data in this report reflects responses from pre- and post-training **surveys completed by 500+ individuals who have completed OPTUM-sponsored QPR training** facilitated by Andra Smith Hansen **between April 2021 and December 2021.**

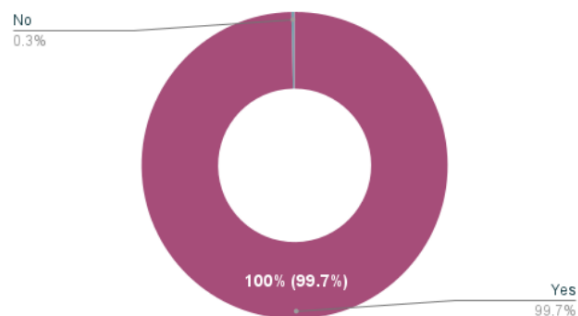
The data clearly demonstrates that **QPR works! The training increases the likelihood that attendees will reach out to help individuals at risk.** It also provides insights into the **attitudes and experiences** of Idahoans from **diverse sectors and settings**, as well as illuminating **relevant gaps and needs.**

Trainings by Public Health Region



Numbers are highest in Region 7 because of a QPR pilot project conducted by EIPH and Center for Hope. Funding was provided by IDHW.

After QPR training: More likely to help someone who may have thoughts of suicide



FIVE LEARNING UNITS IN A QPR TRAINING

QPR & CPR: Like CPR, QPR prepares someone to save a life by responding to a crisis in a manner that affirms life and connects an individual in crisis to the help they need.

LOSS & IMPACT: Far too many people die by suicide. These losses create a wide ripple of impact. But anyone can develop the mindset and acquire the skills to become a life-saving connection.

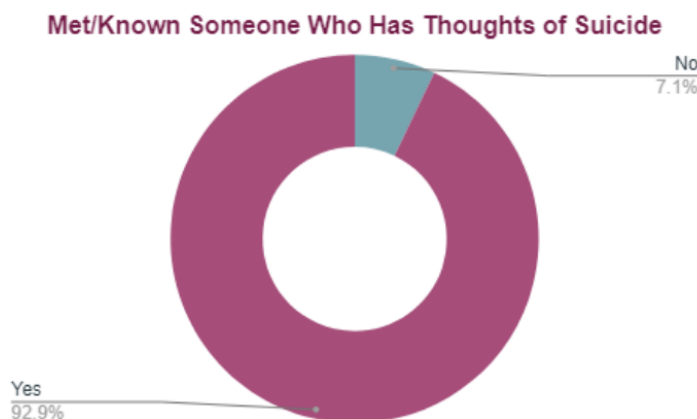
BELIEFS & BARRIERS: Common myths regarding suicide perpetuate stigma and serve as a barrier to help. Recognizing and correcting misconceptions frees a person to become a life-saving connection.

PATHWAYS & PROTECTIONS: Moments of crisis arise within a context containing both pathways to suicide and sources of protection. Awareness of this context is vital to creating safety and support.

SKILLS & ACTION: QPR equips trainees to recognize signs, to communicate about suicide and safety, and to refer to appropriate help. People who know what to see, say, and do are equipped to save lives.

QPR ADDRESSES RELEVANT & PERVASIVE EXPERIENCES

"To integrate and coordinate suicide prevention activities across sectors and settings" is the first goal expressed in the *Idaho Suicide Prevention Plan 2019 - 2023*. Data gathered from QOR trainees reflects experiences of Idahoans from across the state. It clearly shows that we are impacted by the issue of suicide. Greater awareness and skills training are urgently needed throughout all sectors of our communities.



Over 90% of QPR trainees have **firsthand experience** with someone at risk of suicide. Yet a large percentage are **unaware** of what to look for, what to say, and **what to do to help**.

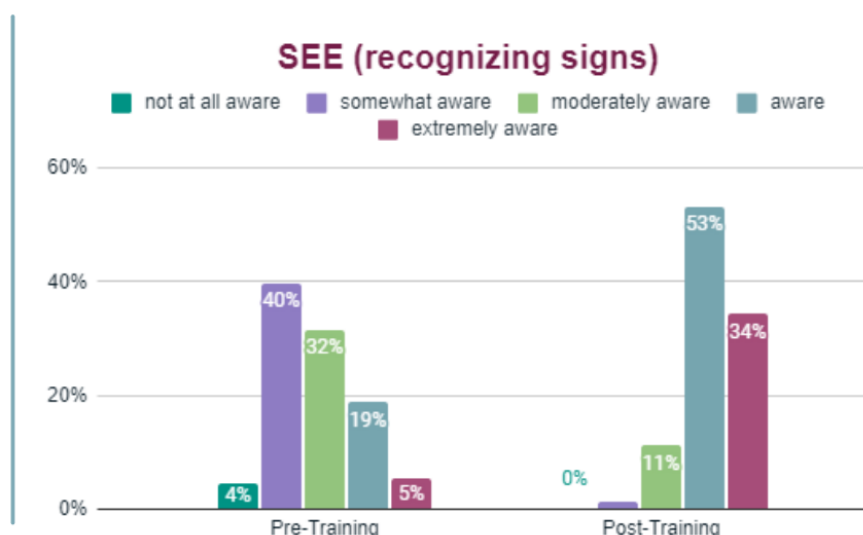
QPR INCREASES AWARENESS & VITAL SKILLS

"To implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes, and behaviors" is the second goal expressed in the state suicide prevention plan. Training survey data reveals that QPR is an effective tool in relation to this goal. Significant changes in **knowledge/skill areas, attitudes, and confidence unmistakably demonstrate that two key objectives** are being met by QPR training:

- **OBJECTIVE ONE:** Greatly reduce the number of trainees who rate their awareness levels as "not at all aware" or "somewhat aware."
- **OBJECTIVE TWO:** Greatly increase the number of trainees who rate their awareness levels as "aware" or "extremely aware."

QPR Improves Three Key Skills: What to See, What to Say, What to Do

1 Do you know what to SEE (warning signs)?



ELIMINATE LACK OF AWARENESS

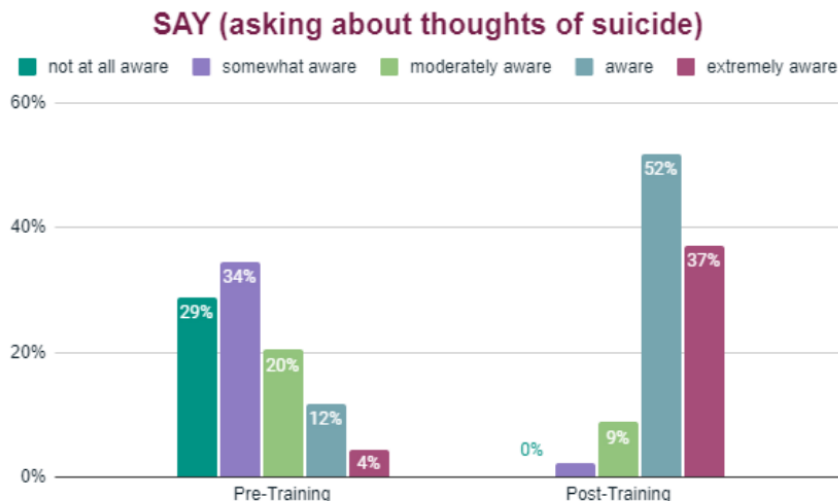
("not at all aware" & "somewhat aware" responses):
Pre: 44% of trainees
Post: 1% of trainees
Conclusion: 43% decrease in trainees who are not aware of signs.

INCREASE HIGH AWARENESS

("aware" & "extremely aware" responses):
Pre: 24% of trainees
Post: 87% of trainees
Conclusion: 63% increase in trainees who are aware of warning signs

QPR & VITAL KNOWLEDGE/SKILLS (continued)

2 Do you know what to SAY (asking about suicide)?



ELIMINATE LACK OF AWARENESS

("not at all aware" & "somewhat aware" responses):

Pre: 63% of trainees

Post: 2% of trainees

Conclusion: 61% decrease in trainees who are not aware of what to say

INCREASE HIGH AWARENESS

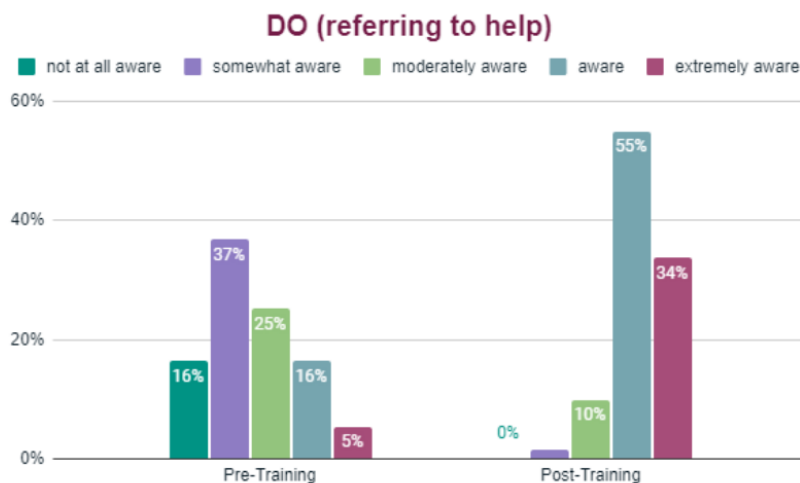
("aware" & "extremely aware" responses):

Pre: 16% of trainees

Post: 89% of trainees

Conclusion: 73% increase in trainees who are aware of what to say

3 Do you know what to DO (referring to help)?



ELIMINATE LACK OF AWARENESS

("not at all aware" & "somewhat aware" responses):

Pre: 54% of trainees

Post: 1% of trainees

Conclusion: 53% decrease in trainees who are not aware of what to do.

INCREASE HIGH AWARENESS

("aware" & "extremely aware" responses):

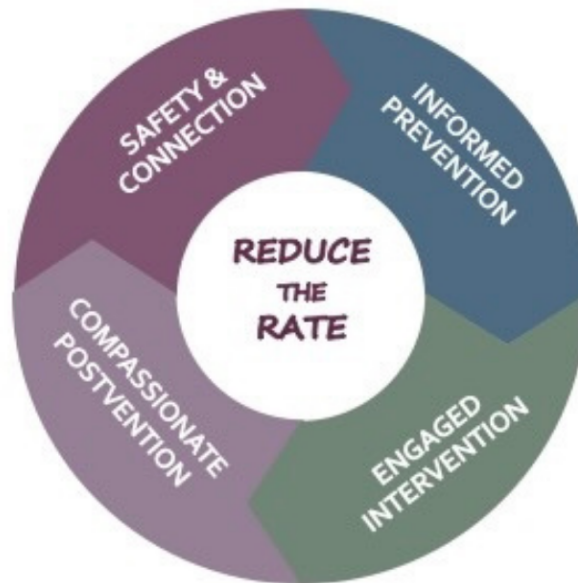
Pre: 21% of trainees

Post: 89% of trainees

Conclusion: 68% increase in trainees who are aware of what to do.

QPR effectively **increases trainees' recognition of warning signs** of suicidal ideation, **safe communication strategies**, and awareness of **resources** to help a person at risk. QPR trainees leave better equipped to serve as **a lifesaving bridge between crisis and help**.

QPR / OPTUM REPORT CONTINUED



THANK YOU FOR THE OPPORTUNITY TO PROVIDE THESE TRAININGS AND THIS INFORMATION. IT'S A PRIVILEGE!

QPR TRAINING AND DATA DESIGN, GATHERING, ANALYSIS, AND REPORTING COMPLETED BY ANDRA SMITH HANSEN. IF YOU'D LIKE MORE INFORMATION ABOUT THIS REPORT, PLEASE CONTACT ME.

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