



CENTER FOR HOPE



QUARTERLY REPORT
APRIL-JUNE 2022

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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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THANKS TO
UNITED WAY
FOR MAKING OUR
AMAZING FACILITY
POSSIBLE!



A WORD FROM OUR DIRECTOR

Peers encourage and engage other peers and provide each other with a vital sense of belonging, supportive relationships, valued roles, and community.

--SAMHSA

At the Center for Hope, people matter most. We believe in each other.

Drop by! We'll remember your name, share a cup of coffee, and listen. We laugh a lot around here. Anyone who enters the Center for Hope can leave knowing someone has their back.

We're all part of one community. Let's make it great!



Principles of Core Competencies for Peer Support

- Recovery-Oriented
- Relationship-Focused
- Person-Centered
- Trauma-Informed
- Voluntary



WHAT DO CENTER FOR HOPE GUESTS EXPERIENCE? A FEELING OF FAMILY!

WELL- ROUNDED RECOVERY

"Recovery encompasses an individual's whole life, including mind, body, spirit, and community," according to SAMHSA. At Center for Hope, we believe in a holistic approach . Recovery is a way of life, one we want to make possible for more people.

360° RECOVERY

Center for Hope cares about each person's growth & potential



RESOURCES

Food, clothing, housing, health care, counseling, employment & education can present urgent needs for individuals in recovery.



SUPPORT

Access to groups like AA, NA, CMA & grief support, as well as one-on-one mentoring, are essential to successful recovery.



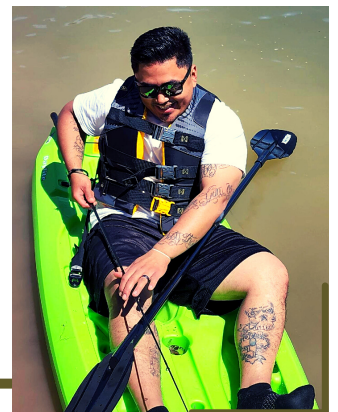
EDUCATION

In addition to trade-related skills, communication, problem-solving & self-advocacy skills are vital to sustainable recovery.



ACTIVITIES

Recovery is about a potential-filled, growth-oriented life. Fun goes a long way to making that possible.



THE INSPIRATION PROJECT...

WORDS THAT WORK

What inspires you? We want to know!

Each month over the next year, we'll be capturing quotes from members of the recovery community, whether it's an original thought or a motivational statement made by someone else. People in recovery know what it means to overcome, to rise above, and to choose a path toward a life they believe in. We want to learn from each other!

To kick this project off...thanks to Benji Pedroza for sharing this on Facebook:

My dear,
In the midst of hate, I found there was,
within me, an invincible love.
In the midst of tears, I found there was,
within me, an invincible smile.
In the midst of chaos, I found there was,
within me, an invincible calm.
I realized, through it all, that...
In the midst of winter, there was,
within me, an invincible summer.
And that makes me happy. For it says that
no matter how hard the world pushes
against me, within me, there's something
stronger – something better, pushing
right back.

Truly yours,
Albert Camus

OUR RECOVERY COACHING

	APR	MAY	JUNE	TOTAL
WARM HAND-OFFS	11	9	10	30
SELF-HELP MTGS	7	11	21	39
ACTIVITIES	5	3	10	18
PROBATION & PAROLE	5	4	4	13
HOSPITAL / MEDS	6	5	2	13
JAIL CALLS	9	4	7	20
CRISIS CENTER REFERRALS	52	77	71	200
GPRA CONTACTS	83	144	81	308

Our guest speaker, Stephanie Taylor (Silva), explained to us that we don't have to carry all of our past mistakes. She said we can surrender them. I'll always remember that.

--Recent Start Where You Are Participant

SUPPORT GROUPS & EDUCATIONAL PROGRAMS

SELF HELP GROUPS

4851
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

191
TOTAL
VISITS
(5 WEEKS)

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. **Welcome back IFCRC residents!**

POSTVENTION/GRIEF SUPPORT

157
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 explained my context to the Wood Court people, so they could understand why things were so stressful. I had never done that before. But it worked-- they listened.

--Start Where You Are participant

ONGOING LEARNING & SUPPORT

GUIDANCE, AWARENESS & RESOURCE ACTIVITIES

74
NEW
384
CONTACTS

> REENTRY CONTACTS/SUPPORT

41 VET COURT MEETINGS

128 SPEAKER MEETINGS

16 HAIRCUTS FOR HOMELESS INDIVIDUALS

SUPPORT-RELATED ACTIVITIES



Face Painting

Bingo

Board Games

Rock Painting

Movie Night

Veterans
Trauma Therapy

OUR COMMUNITY
IS READY TO WELCOME YOU.
JOIN US!

COMMUNITY, CONNECTIONS & RECOVERY

*From barbecues to a women's retreat, Center for Hope has been celebrating recovery by bringing people together! **Thanks to Ali Hayden for the generous donation. You are benefiting so many members of the recovery community!***

The women's retreat was the first of its kind at Center for Hope. Fifteen women who are actively in recovery stayed in an Airbnb on Luke's Island. Nancy Espeseth recalls that, "We spent time meditating, painting, playing card games, boating, fishing, and holding recovery meetings. Connections were made, and friendships were formed."

Two additional retreats are upcoming: one for men and another for professionals.



THANKS
ALI!

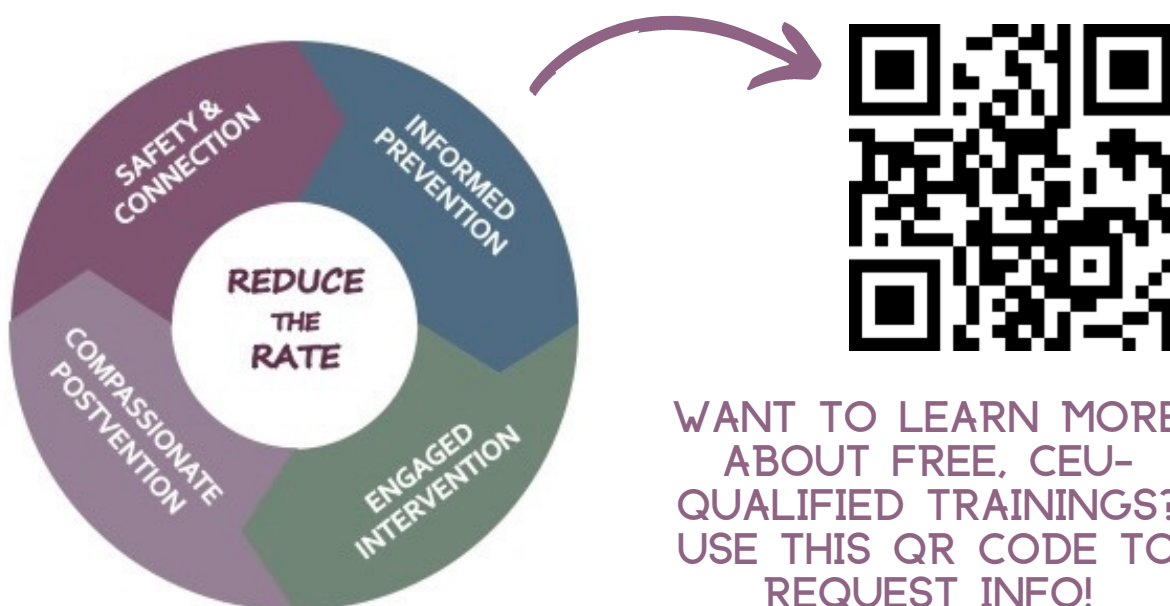
REDUCE THE RATE PROJECT

ASIST SUICIDE INTERVENTION TRAINING — PEER MENTORS & CRISIS CENTER PERSONNEL UP THEIR SKILLS

In June, Center for Hope recovery coaches, Behavioral Health Crisis Center personnel, a Madison Behavioral Health intern, and a couple of BYU-Idaho students spent two days learning more about two life-saving skills: how to safely navigate a conversation with someone battling thoughts of suicide and how to create a safety plan. Nancy Espeseth and Andra Smith Hansen were the trainers.

Everyone's genuine commitment to increasing understanding had a powerful effect on the interactions. Role plays became meaningful moments of vulnerability, core principles were tested against prior experiences, and insights emerged.

What a privilege to share the room with people who recognize the value of people in their most difficult moments. **Thanks to Mimi Taylor, Eastern Idaho Public Health, and Idaho Department of Health & Welfare for the vision and funding that make quarterly ASIST trainings possible!**



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QUALIFIED TRAININGS?
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