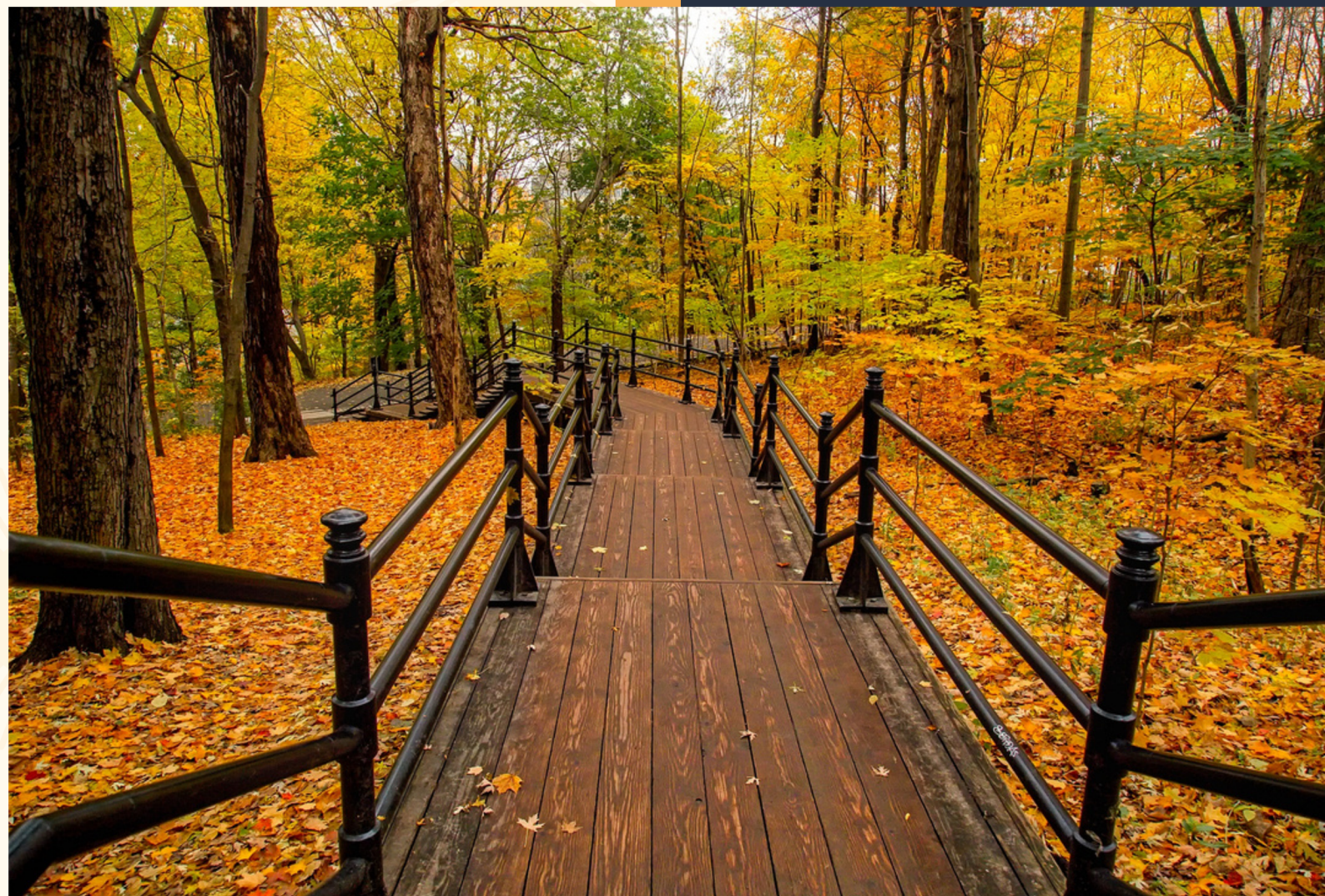


# **CENTER FOR HOPE**

**QUARTERLY REPORT  
JULY–SEPTEMBER 2024**



**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!**

*Success is the sum of small efforts,  
repeated day in and day out.*



# A WORD FROM OUR DIRECTOR



I love September. Recovery is a gift. It's challenging and lonely sometimes. But during September, members of the Center for Hope recovery family remind each other of what sobriety is all about.

Recovery month is filled with gatherings and festivals, friends and memories.

This year, Center for Hope recovery coaches attended festivals in Idaho Falls, Pocatello, Fort Hall and Salmon. We visited with people who have more than 50 years of sobriety and others who are only a few days into their recovery journey. But together, we remember that a life free of substance use is not only possible but also joyful.

Center for Hope is a place where the power of human potential can be felt every day. Thanks to the amazing funders and community members who believe in us!



**NATIONAL  
RECOVERY  
MONTH**  
RECOVERY. HOPE. HEALING.



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# UNDERSTANDING MAT

## MEDICATION-ASSISTED TREATMENT

Many know or at least have heard of Medication-Assisted Treatment (MAT). Put simply, MAT combines the use of prescribed medications with counseling, behavioral therapies, and other recovery support services such as peer recovery coaches, support groups, etc. for the treatment of substance use disorders (SUD) and opioid use disorders (OUD).

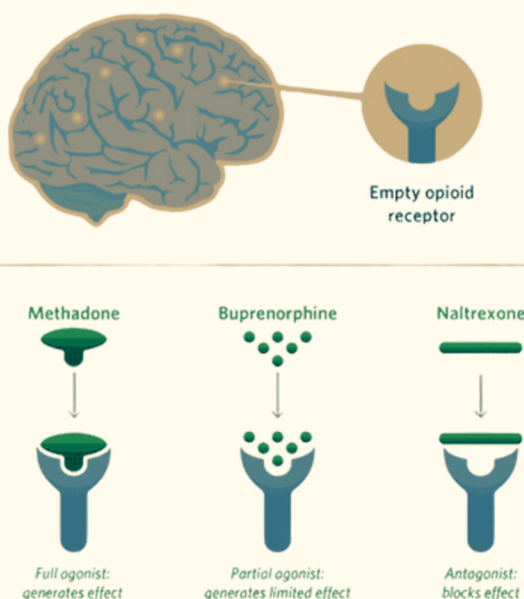
The ultimate goal of MAT is to provide a whole-patient and multifaceted approach that eventually leads to full recovery and self-direction.

Currently, the only medications approved by the FDA for MAT are: Methadone, Buprenorphine, and Naltrexone.



Research shows that a combination of medication and other therapies and supports can successfully treat substance and opioid use disorders, and aid in sustaining recovery.

### How OUD Medications Work in the Brain



According to SAMHSA, this treatment approach has been shown to:

- Improve patient survival
- Increase retention in treatment
- Decrease illicit opiate use and other criminal activity among people with substance use disorders
- Increase patients' ability to gain and maintain employment
- Improve birth outcomes among women who have substance use disorders and are pregnant
- Contribute to lowering a person's risk of contracting HIV or hepatitis C by reducing the potential for relapse



## UNDERSTANDING MAT

### CONTINUED

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Despite its proven effectiveness, several barriers impede the widespread adoption and utilization of MAT. Some barriers include:

- Stigma surrounding addiction and the use of medications like methadone, buprenorphine, and naltrexone, which can discourage individuals from seeking treatment
- Regulatory and policy restrictions that limit the availability of MAT, such as stringent prescribing guidelines and inadequate insurance coverage
- Lack of trained healthcare providers and insufficient funding for MAT programs
- Logistical issues such as transportation difficulties and limited access to treatment facilities, particularly in rural areas, make it challenging for many individuals to receive consistent care

Addressing these barriers requires a multifaceted approach, including public education to reduce stigma, policy reforms to expand access, and increased investment in healthcare infrastructure and provider training.

Center for Hope understands these barriers and is striving to break them down. They offer a safe place for individuals who are willing to work on recovery. They provide needed support systems such as recovery support groups, peer recovery coaches, and activities to help individuals feel more connected to their community.

Peer recovery coaches can link individuals to needed community resources and services such as therapy and MAT providers. In addition, Center for Hope recognizes the challenges of transportation and limited access to treatment providers in more rural areas, which is just one of the reasons they have expanded their services via a new satellite office in Rexburg. And, possibly one of the most important services that Center for Hope offers is advocacy for the recovery community both at the local and state level.



# RECOVERY COACHES & EDUCATIONAL PROGRAMS

## Groups

**Self Help – 4,528 Idaho Falls, 220 in Rexburg**  
**Triggers – 135**  
**Speaker mtgs – 8 (Rexburg)**  
**Veterans Group – 190**

## Education

**Grief & Loss Group – 25**  
**Start Where You Are – 372 (IFCRC)**  
**Strengthen the Base – 71 (Parenting)**

***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 – 62**  
**Active – 150**

## CENTER FOR HOPE Recovery Coaches

**Referrals to MAT – 33**  
**Active – 115**  
**Computer Lab – 120**  
**NARCAN given – 218**

## TREATMENT COURTS/3 Recovery Coaches

**Active – 100**  
**New Peers – 23**

Total  
Visits  
**5,757**



# RECOVERY IN...ACTION



**JUL.**

UFC Fights - 30  
Mentor Training - 30  
Sober Softball - 80  
Fitness Friday (Rexburg) - 15  
Fat Cat Bowling (Rexburg) - 27

**AUG.**

UFC Fights - 35  
Rock Painting - 23  
Kayaking - 20  
Sober Boarding - 18  
Sober Softball - 80

INL Health Fair - 1,200  
CYA Block Parties - 900  
Movie (Rexburg) - 6  
Speaker (Rexburg) - 8  
Fitness Friday (Rexburg) - 18

**SEPT.**

UFC Fights - 48  
Movie - 5  
Pocatello Recovery Festival - 150  
School Resource Fair - 200  
Idaho Falls Recovery Festival - 350  
Football/Pig Roast - 75  
Sober Softball - 80

Sober Boarding - 20  
Fitness Friday (Rexburg) - 10  
NARCAN Training (Rexburg) - 6  
UFC Fights (Rexburg) - 6  
Movie (Rexburg) - 12  
Experience Rexburg - 200  
Salmon Recovery Festival - 30

# 3RD ANNUAL RECOVERY FEST

**Center for Hope hosted their 3rd Annual Recovery Fest at Freeman Park on September 20th. Recovery Coach Michelle Smoley shares her experience in her own words.**

The center along with 24 community partners gathered to not only offer resources but to celebrate recovery from substance use and mental health disorders. This is always such an amazing event for the community to come together and support one another, bring awareness and show that recovery is possible.

Lunch was provided and there was also a raffle in which everyone that attended got a ticket and a chance to win prizes that were all donated. There were also guest speakers that shared their stories.

With over 400 people in attendance, I can assure you that love and support was felt by all.



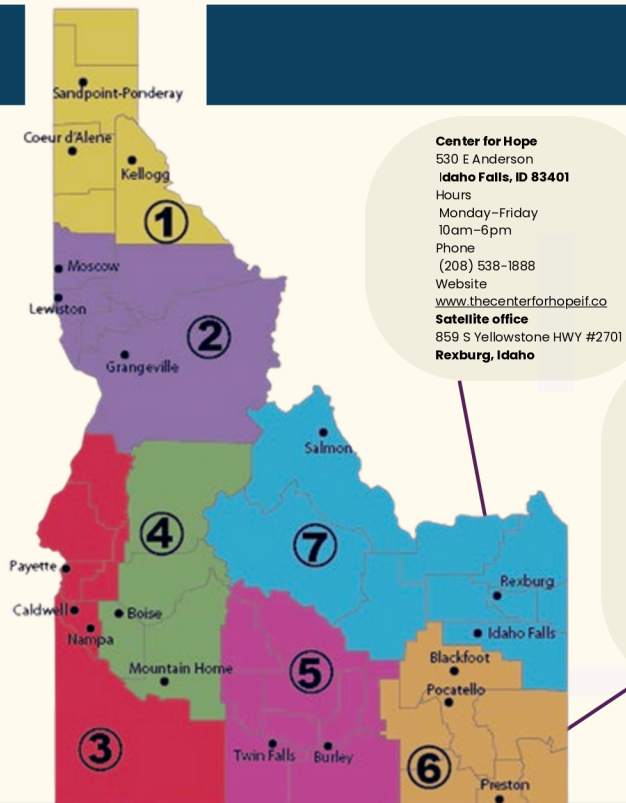
"Speaking at Recoveryfest was an opportunity for me to make peace with the shame I created for myself through active addiction. I was able to share my story as a mother who put her need for drugs over her family. My children were there and were able to listen as I shared my story and took accountability as well as felt the camaraderie amongst other addicts who know all too well the feeling of shame and regret. I am so grateful for the opportunity to not only be of service but to connect with my recovery community through not just words but love."

-- Jennifer Callier, guest speaker at Idaho Falls Recovery Fest 2024





# We're Growing!



## Extending Our Reach

*Recovery Coaches on the Rural Frontier*



# STORIES OF SUCCESS

## *In The Words of Our Recovery Coaches*

Richard has been in and out of prison for the last 20 years. At Center for Hope, we started working with him around February 2022.

He initially got into Freedom Recovery, and he graduated from the program. He went back home to live, but shortly afterward, he relapsed. I kept in contact with him throughout this time. He knew that going home to live was not good for him, but he had no other affordable choices. He would call the safe and sober houses here in Idaho Falls, but they were always full.

Richard reached out to me and told me that he wanted to go to treatment again. So we worked on getting him into Moonlight Mountain. He again graduated from the program. This time when he came back to town, we got him into safe and sober housing in Idaho Falls. He then started at Addiction and Trauma Recovery Services. He has been doing great ever since.

He now has a full-time job. He is paying his bills, and he has managed to buy a truck. Richard is living with an aunt here in town until he can find a place he can afford.

When he celebrated his birthday this year, he called to tell me that he got to spend time with his kids and that he was still sober. He was so very excited about that! He now has been drug free for eight months.

The Crisis Center case manager came over to Center for Hope asking for some help peer supporting a gal who showed up with her 10-month-old baby. The case manager, the peer, and I sat in the back room while the intake was done.

We wanted to support the peer. She was feeling overwhelmed and isolated. Recent news of a man kidnapping and killing his baby, who was also 10 months old, had her into a spiral of thoughts like “what if I hurt my baby?”

We were able to get her an emergency med management appointment at a local facility. We also provided a few resources for ICCP (help from the state for some childcare), and the STAR program. She has since engaged in the STAR program with wrap-around services and has gained employment. She has remained compliant with med management--something we don't see every day.

I think that is a huge win for everyone involved!

Research indicates that approximately **60% of individuals with substance dependence eventually enter sustained recovery**; however, for many of them, **it takes more than one cycle of lapse/relapse/treatment reentry before achieving sustained recovery.**

<https://www.va.gov/WHOLEHEALTHLIBRARY/tools/reducing-relapse-risk.asp>



Center for Hope provides  
**SUICIDE PREVENTION TRAINING**  
upon request

Let's safeguard humanity at home!  
**COMMIT TO LIFE. BE A SAFE CONNECTION.**

**QPR**  
**SUICIDE**  
**PREVENTION**  
**TRAINING**

**99%**

of trainees say they  
are more likely to help  
someone after completing  
a QPR training



**90 MINUTES. CHOOSE LIFE. BE PART OF THE SOLUTION.**

**Every single day, someone in Idaho dies by suicide.**

**2nd** leading cause of death ages **10-34**

**3rd** leading cause of death ages **35-44**

Would you recognize signs?  
Would you ask about suicide?  
Would you refer to help?

American Foundation for Suicide Prevention 2020 stats sheet

*I had a friend complete suicide in 2018.  
He was an amazing, kind-hearted, brave,  
successful person. A week before he died,  
there was a big sign that I missed. I know  
I don't carry responsibility for his  
decision, however, I wish I would have  
been more aware of his indirect signal.*

--QPR trainee

THE CENTER FOR  
**HOPE**  
PEER RECOVERY CENTER



*We are committed to inclusivity, creativity, and  
innovation as we seek to help our clients  
flourish*

*This report is created by Center for Hope  
and Center for Hope South teams.*