

# POSITIVE CHANGES

HELPING PEOPLE THROUGH A FULL CONTINUUM OF CARE.

FALL 2016

## SOBER LIVING: A CRITICAL PIECE OF THE JOURNEY

“I can’t go home!” That realization was certain for Denise as she neared completion of Cenikor’s Detoxification and Short-Term Inpatient program in Waco, TX. Though detox was a difficult process, she says Cenikor “made the unbearable tolerable.” During her time in the program, Denise learned vital tools and gained behavioral health insights. Despite the hope for a fresh start, Denise knew that if she went back to her home environment, with all of its inherent stressors, it would be too easy to return to the prescription painkillers that had dictated her life for so long.

Cenikor had an answer: Sober Living. Cenikor’s Sober Living Program provides a safe, supportive environment for those in recovery ready to reintegrate into their respective communities. With both men’s and women’s Sober Living homes, we offer an intermediate phase between the controlled environment of treatment and the challenges of the real world. Denise spent six months in a Sober Living House with other women also committed to sobriety. She found a reliable job, forged new supportive relationships, and worked her recovery with Cenikor’s Outpatient Services.

**SOBER LIVING PROVIDES THOSE IN RECOVERY WITH ESSENTIAL SUPPORT, STRUCTURE, RESOURCES AND SECURITY TO TAKE THEIR FIRST STEPS TOWARD INDEPENDENCE.”**

**- BILL BAILEY  
PRESIDENT/CEO**

“Being with other women who accept and understand each other is huge,” Denise says. “Sober Living was a time of peace to continue healing which gave me space to build a strong foundation of recovery.” (Read more about Denise’s story on page 3.)

President and CEO Bill Bailey is proud of the addition of Sober Living to Cenikor’s Continuum of Care. In his words, “sober living provides those in recovery with essential support, structure, resources and security to take their first steps toward independence.” In our Sober Living homes, we provide stable living environments with freedom for our clients to grow in their recovery. We offer the support and guidance to help our clients maintain long-term recovery to be responsible, employable citizens free from substance abuse.

“Why help someone get sober and not help them continue their rehabilitation?” asks Waco Advisory Board member Bruce Neatherlin. “In 1974, when I first got involved in the recovery community, we didn’t understand this. We simply said, ‘Good luck!’” (Read more about Bruce’s support for Cenikor on page 2.) Sober Living is one more program that allows Cenikor to help people rebuild their lives with a stable foundation.

The challenges that face people who complete treatment are as varied as the people themselves. “Some come into our programs homeless or with no safe environment to return to, and some have experienced trauma, so the prospect of finding safe housing is daunting,” says Eric Jeter, Senior Manager of Waco’s Detoxification and Short-Term Inpatient Program. Peer accountability, oversight, and the freedom to begin rebuilding their lives with safeguards help our clients sustain the momentum of success in Sober Living. Residents are required to complete a treatment



program, build on 30 days’ sobriety, attend local support groups and maintain steady employment.

Cenikor is very grateful to the Waco community which has been immensely supportive. Both the Cooper and Waco Foundations provided grants to help offset costs of purchasing the Sober Living homes. Economic Opportunities Advancement Corporation assists Sober Living clients with financial and transportation assistance. Texas MHMR provides counseling for mental health issues. Compassion Ministries helps women reintegrate into their children’s lives. Local 12 Step programs are a continuous source of strength, hope and experience. It is wonderful to see community support rallying behind our clients.

Eric believes Sober Living is indispensable. “It’s the piece of the recovery puzzle that is often missing. This safe environment is a critical piece of the journey.”

## LETTER FROM THE PRESIDENT

Working in our industry, we have the chance to impact real change for people struggling with substance use disorders. We hear the stories of hardships, missteps, and tragedies often woven into the lives of those in our programs. We are also fortunate to rejoice in the stories of growth, change, and redemption as our clients journey to recovery. We are gratified daily to contribute positively to the lives of our clients and the communities we proudly serve.



In June, Cenikor presented at an event on Vocation in Recovery hosted by

the National Council for Behavioral Health in Washington, DC. Along with other speakers from across the Nation, I had the opportunity to address the benefits of Cenikor's Vocation Services Program and its constructive impact on our clients. Vocational Services helps prepare the client for reintegration into the larger community. Vocation is a part of their long-term success in rebuilding their lives, finding personal and professional accountability, and becoming responsible citizens.

Rebuilding a life requires a safe living space which supports sobriety. Returning to a former environment where addictions were active can be devastating to sobriety. Old habits, enabling family members, and peer drug or alcohol use, often contribute to the backslide into addiction.

By offering housing for men and women to continue to work their programs in a positive and supportive environment, our Sober Living Program promotes long-term recovery success. As our cover story states, a stable environment, which supports vocation and recovery, is a critical piece of the long-term journey.

I recognize that what we do each day changes the life of someone truly in need, their families, and their communities at large. With the support of State agencies, guidance for our Board of Directors, generosity of numerous philanthropic donors and grants, and aid of our volunteers, Cenikor is able to save lives.

Bill Bailey, President/CEO

## VOLUNTEER SPOTLIGHT: BRUCE NEATHERLIN

Officially, Bruce Neatherlin retired in 1998. Unofficially, he has not slowed down one bit. As a life-long Waco resident, Bruce has been a long-standing and well-respected businessman and community leader. With his support and willingness to help, Bruce was instrumental in Cenikor's establishment in the Waco community.



Bruce has a deep-rooted connection with the recovery community in Waco, having served on the Freeman Center

Board of Directors starting in 1994. When Cenikor assumed responsibility for the Freeman Center in 2012, then moved to expand local services, Bruce provided quality guidance, insights and support as Cenikor worked with local contractors and vendors to improve the facilities. Working with Cenikor during that transition phase began a very fruitful relationship for Bruce and our Waco family. He says, "When the project came in on time and under budget, I was invited to serve on the Waco Advisory Board."

During his tenure on the Freeman Board, Bruce was distressed by Waco's lack of service for women. Raised by his mother and sister, he was sympathetic to

women's needs. Cenikor shares Bruce's commitment and focus on helping all those in need, men and women alike. Out of all his civic activity, Bruce says his work with Cenikor is by far the most exciting and the most rewarding. "Cenikor's strength comes from its willingness to evolve and make changes as they are needed," he says. From detox services to inpatient care, to outpatient care, to sober living, all offered in Waco, Bruce says "everything the Foundation does, it does well."

Along with Dorothy, his wife of 64 years, Bruce enjoys their two grandchildren and five great-grandchildren. We are proud to have Bruce as a part of the Cenikor extended family.

## CENIKOR EXPANDS INTO AUSTIN, TEXAS

We are proud to announce that our Austin, TX Detoxification and Short-Term Inpatient facility recently opened its doors. This facility has a capacity of 60 beds, with 16 beds for detox and 44 beds for Short-Term treatment. We have separate wings for men's and women's quarters, providing for quality care in a safe, supportive environment. We are excited to serve the Austin community and to bring

treatment to those in need in and around the Texas State capital. It has been a tremendous undertaking, which

OUR NEW AUSTIN FACILITY IS CONVENIENTLY LOCATED AT 2410 S. HOWARD, JUST SOUTH OF WELLS BRANCH PARKWAY.

required the support and dedication of the entire Cenikor family. Cenikor Vice President David Lee says "we are grateful to the Austin community for opening its arms to welcome us to the City. We are honored to be a part of this community and look forward to helping to save lives however we can." Contact us today to learn more about the Austin program, or to help you or a loved to take the first step toward recovery.

# TESTIMONIAL: DENISE

## SHORT-TERM INPATIENT | SOBER LIVING | OUTPATIENT SERVICES

“HOW CAN I GO BACK TO MY OLD ENVIRONMENT AND STAY SOBER?”

- DENISE

Denise has learned to be happy and sober. “Now I recognize when I’m tired and keep things in balance,” she says. “For the first time in my life, I can set boundaries and say ‘no’ when I need to.”

Most of Denise’s life has been off balance. She pilfered beer at age 12 and was introduced to marijuana by her father at only 14. She moved on to alcohol, ecstasy and cocaine, but it was her addiction to prescription painkillers that finally propelled her to confront

and combat her 35 years of addiction. Her niece, a local nurse, recommended Cenikor’s Waco Detoxification and Short-Term Inpatient facility. Thankfully, Denise took the first crucial steps toward changing her life.

With Cenikor’s help, Denise regained self-confidence, confronted negative behaviors and patterns, and found more positive ways to cope with life’s challenges that life often presents. Though her time in the program was not easy, she began to thrive in the safe, clean environment and find herself again. However, she was mindful about the possibility to backslide into old ways. “By the fourth week, fear set in.” Denise asked herself “how can I go back to my old environment and stay sober.”

To Denise’s great comfort, her counselor recommended Cenikor’s Sober Living program. Denise moved into the sober house with three other women also dedicated to sobriety. There, in the community and with the continued help of Cenikor’s Care Counseling outpatient services, she learned to face life on new terms.

“Without a shadow of a doubt, without Sober Living and outpatient help, I would not have been successful.” Denise explains.

Denise found a job with a hotel management firm and made new, supportive friends. Her ultimate goal was to return home to be a good mother and grandmother. That goal seemed out of reach. Sadly, at the lowest point of her downward spiral, one of Denise’s three sons told her he would rather see her dead than to have to deal with her another day. Happily, she has achieved her goal and has regained the support of her family. Her employer transferred her to Tyler, her hometown, where she is Assistant Manager for a major hotel. She says, “Life is full. I’m involved in my kids’ lives and regularly babysit my grandchildren. My mom is my roommate. Every relationship has been restored. It’s an overwhelming gift to be trusted with my sons’ love and their kids’ love.”

We at Cenikor are so proud to hear of Denise’s wonderful personal achievements, to celebrate her success, and wish her and her family many years of happiness.

IF YOU OR A LOVED ONE COULD BENEFIT FROM OUR SOBER LIVING PROGRAM OR ANY OF CENIKOR’S PROGRAMS, PLEASE CONTACT US TODAY AT **1.888.CENIKOR**.



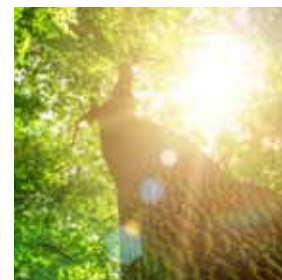
## VOICES FOR RECOVERY COMMUNITY LUNCHEON

In celebration of National Recovery Month, Cenikor will be hosting annual luncheons across the Cenikor footprint. The goals of our events include sharing insights on the path of recovery, celebrating the achievements of our clients’ success, honoring individuals who believe in our mission, supporting our endeavors and helping carry our message to the community by helping people become responsible citizens free from substance use disorders.

At each of our events, we respectfully honor significant members of the local area that have made a tremendous

impact both on our programs and on the community at large. In each city, we honor an Elected Official of the Year, Philanthropist of the Year, Community Leader of the Year, and Business Partner of the Year. We will host events in Waco, Houston, Fort Worth, and Tyler, TX and Baton Rouge, LA.

Sponsorship opportunities and tickets are available for each event but are selling out quickly. Proceeds for our events go to support our clients on their path to recovery. Contact us today to reserve your space. (Specific dates and locations on page 4.)



Cenikor Foundation  
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**INPATIENT DETOXIFICATION**  
Austin, TX | Houston, Texas | Tyler, Texas  
Waco, Texas

**SHORT-TERM INPATIENT**  
Austin, TX | Houston, Texas | Tyler, Texas  
Waco, Texas

**LONG-TERM INPATIENT**  
Baton Rouge, Louisiana | Fort Worth, Texas  
Houston, Texas

**ADOLESCENT INPATIENT**  
Houston, Texas

**AMBULATORY DETOXIFICATION**  
Baton Rouge, Louisiana | Houston, Texas | Tyler, Texas

**OUTPATIENT SERVICES**  
Anahuac, Texas | Baton Rouge, Louisiana | Cleveland, Texas  
Houston, Texas | Killeen, Texas | Liberty, Texas | Temple, Texas  
Tyler, Texas | Waco, Texas

**ADOLESCENT OUTPATIENT**  
Cameron, Texas | Henderson, Texas | Hillsboro, Texas  
Marlin, Texas | Marshall, Texas | Tyler, Texas | Waco, Texas

**SOBER LIVING**  
Waco, TX

**PREVENTION**  
Killeen, TX | San Marcos, TX | Temple, TX

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## CALENDAR OF EVENTS

**Baton Rouge**  
**Annual Voices for Recovery Community Luncheon**  
Thursday, September 15, 2016 at Boudreaux's

**Contact:** Sarah Cortell Vandersypen, Event Coordinator  
225.236.4957 | [eventbatonrouge@cenikor.org](mailto:eventbatonrouge@cenikor.org)

**Fort Worth**  
**Annual Voices for Recovery Community Luncheon**  
Friday, October 7, 2016 at Colonial Country Club

**Contact:** Suzy Lundquist, Event Coordinator  
817.900.5819 | [eventfortworth@cenikor.org](mailto:eventfortworth@cenikor.org)

**Houston**  
**Annual Voices for Recovery Community Luncheon**  
Monday, September 26, 2016 at Houston Marriott West Loop

**Contact:** Christina Payne-Hall, Event Coordinator  
832.917.4064 | [eventhouston@cenikor.org](mailto:eventhouston@cenikor.org)

**Tyler**  
**Annual Voices for Recovery Community Luncheon**  
Wednesday, October 26, 2016 at Hollytree Country Club

**Contact:** MarQuita Hackett, Business Coordinator  
903.630.7468 | [eventtyler@cenikor.org](mailto:eventtyler@cenikor.org)

**Waco**  
**Annual Voices for Recovery Community Luncheon**  
Wednesday, September 7, 2016 at Waco Convention Center

**Contact:** Halston Reyna, Event Coordinator  
254.299.2774 | [eventwaco@cenikor.org](mailto:eventwaco@cenikor.org)

**Baton Rouge | Fort Worth | Houston**  
Join us at one of our Discover the Change luncheons to learn more about how we help individuals, their families and the communities we serve. Complimentary lunch will be served during this informational session along with a guided facility tour. [Contact marketing@cenikor.org](mailto:marketing@cenikor.org) for the next luncheon in your area.

**Houston Adolescent Inpatient**  
**Ongoing Speaking Series & Mentoring Program**  
Cenikor is seeking individuals to speak to adolescents about educational and career opportunities, such as: certifications, trade schools, art institutes or culinary school.

Mentors are needed to help guide our adolescents toward becoming responsible adults free from substance use disorders.

**Contact:** Lourdes Carrillo, Facility Director  
817.921.2771 | [mcarrillo@cenikor.org](mailto:mcarrillo@cenikor.org)