

POSITIVE CHANGES

HELPING PEOPLE THROUGH A FULL CONTINUUM OF CARE.

WINTER 2016

TREATMENT FOR TEENS HELPS CREATE HEALTHY ADULTS

Former First Lady of the United States Lady Bird Johnson once said “children are likely to live up to what you believe of them.” At Cenikor, we believe adolescents in treatment can be anyone they want to be. Their addiction does not dictate their future. Through sobriety, teens can change and meet their highest expectations.

Cenikor’s Adolescent Program - Odyssey House - offers inpatient substance abuse services for males and females age 13-17. Odyssey House is tailored to suit adolescents with addictions and their unique needs for recovery. Adolescence is a critical stage in body and brain development, which can be significantly stunted by substance abuse. Working with adolescents requires an understanding of the physical, mental and behavioral impacts of abuse. At Odyssey House, teens receive individual, family, and group counseling. “Through quality clinical care, adolescents in our program address the issues that led them to abuse drugs and alcohol, and find ways to cope and heal without returning to substance use” says Bill Bailey, President and CEO. Our counselors strive to rebuild trust with

authority, build rapport, and address the challenges with confidence and care.

Challenges can be many for the teen user. Teens may come from environments with emotional, verbal or physical abuse at the hands of those adults who are supposed to offer protection and care. Adolescents often turn to drugs or alcohol to cope with hardships. Teens are largely dependent on their parents or caregivers for financial support, transportation, and other basic needs. Therefore improving familial connections is crucial for success.

Nick Vache, Senior Manager of Cenikor Temple and Killeen Outpatient Programs says “Cenikor Foundation takes a unique approach to adolescent treatment. We look to treat the family system, not just the adolescent because the best outcomes occur when the family is involved in the recovery process.” Learn more about family support on page 3.

Adolescent care is most successful with multidisciplinary treatment, integrating clinical and psychological care, with academics, socialization and recreation. Socialization support focuses on issues



such as self-esteem, peer pressure, eating disorders, depression, self-harm and other psychological issues. Through therapy, education, wellness, recreation and clinical care, we help rebuild each adolescent with a solid foundation for long term sobriety and recovery. Learn more about socialization and recreation on page 2.

Helping teens in need impacts their behavioral health today, their lives tomorrow, and their foreseeable future. If you know an adolescent in need, please contact us today.

REFERRAL PARTNERS

Cenikor provides a safe, supportive environment for men, women and teens seeking treatment. We have great relationships with various

professionals, organizations, and hospitals, known as our referral partners, who direct people in need to our doors. One of our treasured referral partners has this to say about Cenikor:

“We at Houston Recovery Center consider ourselves quite fortunate in our partnership with Cenikor. Not only do they provide excellent customer service, but they understand the dynamics of addiction and the importance of compassionate client care. Throughout these 3 years of collaboration, Cenikor staff demonstrates a willingness to serve our clients, to

assure the lines of communication are clear, and the process of admission goes smoothly. We appreciate our partnership with Cenikor and feel that their services and continuum of care have been a key factor in our clients’ success. We look forward to continuing to work together to help individuals in need.”

- Leonard Kincaid, *Executive Director of the Houston Recovery Center*

TO BECOME ONE OF OUR REFERRAL PARTNERS, CONTACT US TODAY.



LETTER FROM THE PRESIDENT

Working with adolescents provides us with the unique opportunity to reshape a young life. The majority of the adolescents that we see come from broken homes and turn to substance use as a way to cope and escape the struggles they face. Cenikor focuses on treating the whole person in both our adolescent inpatient and outpatient programs.



improve their self-esteem, impress value on education, and encourage socialization skills to carry them into adulthood.

For both our adolescent and adult clients Cenikor is a place for change and for our clients, it is a change for the better.

Few substance use providers offer care to the indigent. Cenikor does. While other organizations are turning their backs and closing their doors, we are expanding. We continue to expand our services to provide clients with the tools for success; new programs include ambulatory detox, prevention and sober living. We have also expanded our coverage to reach more individuals in the city as well as in rural communities.

At our satellite locations we offer both adolescent and adult outpatient services in rural locations for people who would not otherwise have access to drug and alcohol treatment.

We have the privilege of working with a great group of referral partners, board members, donors and volunteers who all help pave the way for individuals struggling with addiction. Thank you for your support. It is vital to meet our mission.

Bill Bailey, President/CEO

Our approach is unique in that we focus on the psychological aspects behind the substance use disorder, teach skills to

BOARD SPOTLIGHT: MIKE VIATOR

To see a child in pain can be truly heartbreaking. Adolescents who abuse drugs and alcohol are in pain, and that is why treatment at Cenikor's Odyssey House is so unique. Substance abuse is symptomatic of an underlying issue. Mike Viator believes in the importance to treat the whole person, not just the addiction. Mike has witnessed the transformation from pain to sobriety for many Odyssey House graduates. As a former Board Chair for Odyssey House and most recently Chairman of the Board for Cenikor Foundation, Mike understands the long-term impact of holistic care.



Odyssey House in terms of just a place for kids to go that's a stopping point for drug or alcohol use, look at it as a place adolescents go to address the problems of the past and rebuild a better future" he says.

For Mike, teaching personal responsibility, morality, and integrity is instrumental for success. That success comes when teens cope with life's problems while addressing personal, emotional, psychosocial and behavioral issues. For Mike, it is all about meaningful change. "I am proud to have been a part of Odyssey House's history and to be a part of the growth and support Cenikor provided when it acquired the program in 2010. Cenikor stepped in to help and provide meaningful change when the kids needed it most." Kids with substance use disorders graduate Odyssey House with sobriety, self-confidence, and self-reliance.

which has been a long-time supporter of Odyssey House. Cenikor and the Herzstein Foundation have a shared focus on meaningful change. Meaningful change in recovery helps the person, and also helps their families and their communities. The Herzstein Foundation's support has helped Cenikor impact the lives of thousands of families across Texas. The effect of addiction and the benefits of recovery impact people of all walks of life across the United States.

"The thing about this program is that the staff really looks at the inherent problems that lead to the alcohol and drug use. Rather than looking at

Mike is Director of the Albert and Ethel Herzstein Charitable Foundation

"CENIKOR'S ADOLESCENT CARE IS TRULY DIFFERENT. IT IS A COMPLETELY DIFFERENT WAY OF ATTACKING ADDICTION WHICH PLAGUES THE ENTIRE NATION. IT IS ABOUT FINDING A WAY TO HELP THE KIDS REBUILD THEIR LIVES, HEAL THEIR PAIN, AND MAKE A CHANGE FOR THE BETTER."

-MIKE VIATOR, CENIKOR BOARD MEMBER

FAITHFUL PAWS DELIVERS SMILES

There's something magical about a child and a dog at play. Even if the dog is on loan for an hour. Faithful Paws sees that magic everyday.

Connie Foland sees this scene play out time after time. For more than a year, she has visited Odyssey House with one of her four-legged family members. That is when the magic happens. Often an

adolescent lingers at the edge of the room, and gradually moves closer and closer until finally the teen is sitting

Faithful Paws continued on page 3

A PARENT'S PERSPECTIVE ON RECOVERY

To Tawynie O., addiction is a family disease and recovery is a family affair. The family's recovery started even before Tawynie learned her 14-year-old daughter, Isabel, was smoking marijuana. Tawynie was part of an Intensive Outpatient Program because she had used marijuana to deal with health, appetite and anxiety issues. She attended three times a week, and was personally seeing the benefits of treatment. Seeing that her daughter was struggling and turning to substances to cope, Tawynie signed Isabel up for a weekly session. Isabel was not receptive but Tawynie was dedicated to finding care for her daughter. Thankfully the counselor suggested an alternative - inpatient care.

"Good inpatient programs are hard to find," Tawynie says. "I did a lot of research before I found Cenikor's Odyssey House. Isabel's counselor agreed it was the right place for her."

Isabel had many behavioral issues she could confront in treatment. She was a bully who mistreated her siblings and other students, and she disrespected teachers. Isabel entered Odyssey House an angry and depressed child, determined to leave and to continue using. However, Odyssey House staff understand adolescents and are

determined to help them succeed. To achieve and maintain sobriety, counselors help teens address emotional health, interpersonal relationships and life situations.

About three weeks into Isabel's stay, Tawynie began to see subtle changes at the Sunday family visits. "The peer accountability, group sessions, and one-on-one sessions with her counselor began to sink in. Isabel learned coping skills, problem solving, and developed a positive attitude." Isabel's demeanor improved and her anger subsided.

"The family sessions taught us to communicate. No yelling. We sit and listen. If we get upset, we take a break." Isabel's family is completely dedicated to her success. The family moved across town so when she graduated from Odyssey House in October, Isabel enrolled in a new school. Isabel had a fresh start with support from those who love her.

Isabel's success is a testament to the impact Odyssey House has on teens. Isabel - the child who had a "bad girl" reputation - changed from a solid D student to gaining a spot on her school's AB honor roll. She has left her bully ways behind. For the first time, she is interested in college.



In addition to school, basketball and soccer, Isabel attends a Supportive Outpatient Program and sees a therapist. She is involved in AA, working the 12 Steps with her sponsor. Isabel vowed to return to Odyssey House to encourage others once she achieves two years of sobriety. She will inspire others to sobriety and greatness - what a gift! Tawynie sees sobriety as a family effort. "Isabel sees that if I can stay clean, she can too. Odyssey House does wonders for kids. It's a great environment with wonderful staff who care about the kids and want better for them."

Isabel agrees and recommended our program to a friend. "Odyssey House boosted my confidence. Sobriety was hard because I didn't care about being sober. Now I have a better life. Even my teachers love me. That's way different!"

Faithful Paws *continued from page 2*

next to a dog, gently petting, quietly talking and happily smiling.

Connie is one of several Faithful Paws volunteers who visit Odyssey House with a dog, cat or rabbit. For



almost 20 years, the Bellaire United Methodist Church-sponsored organization has trained animals to share unconditional love with adults and children in hospitals and nursing homes, and with teens in recovery. Faithful Paws credo is "We make smiles happen!"

By day, Connie is Director of Risk Management for the Gulf Coast Regional Blood Center. Once a month, she rushes home to pick up the dog she selects, either Miley, Mik or Gus to bring smiles to the faces of kids at Odyssey House.

Connie and her dogs look forward to these visits. "I'm a little shy, so the dogs are great conversation starters. The dogs

are drawn to young people and love performing tricks for them." The animals are experts at agility, obstacle courses, and sports. Trained for K-9 nose work, they love to search for scents. The kids enjoy hiding food for the dogs to find.

"But sometimes," she says, "the kids just want to sit and hug the dogs. That's very touching. The dogs give them something to think about outside of their lives." The teens can relax and be in that moment. They connect with the dogs and with each other. They are building trust, a bond.

"I leave Odyssey House feeling like my dog and I have made someone's life better. We adult volunteers get as much, or more, from the visits as the kids. The pets provide a bridge for the generational gap and lead to conversations we would never have anticipated."

Pictured is Faithful Paws volunteer, Connie Foland with her dog Mik.

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CALENDAR OF EVENTS

HOUSTON

25th Annual Ed Brandon Cenikor Golf Tournament
Monday, April 24, 2017

Contact: Richard Parillo, Event Coordinator
949.456.0781 | rparillo@cenikor.org

WACO

Annual Recovery Luncheon
Wednesday, September 6, 2017

Contact: Eric Jeter, Senior Manager
254.224.8881 | eventwaco@cenikor.org

INFORMATION COMING SOON

- **Baton Rouge and Fort Worth Sporting Events**, Spring 2017
- **Women's Luncheons in Baton Rouge, Fort Worth and Houston**, Summer 2017
- **Cenikor's 50th Anniversary Celebration**, Fall 2017

Contact marketing@cenikor.org for more information on any of these events or visit www.cenikor.org/events.



DISCOVER THE CHANGE

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 for the next luncheon in your area.