

POSITIVE CHANGES

HELPING PEOPLE THROUGH A FULL CONTINUUM OF CARE.

SUMMER 2016

WOMEN ON THE PATH TO RECOVERY

Women are the fastest-growing segment for substance use disorders in the United States. According to the Federal Center for Substance Abuse Prevention, about 2.7 million women in the United States abuse drugs or alcohol and suffer from substance use disorders. Sadly, many women are reluctant to acknowledge their struggles and seek support.

Some of the more common and challenging obstacles include:

Child Welfare - Women with children often confront the possibility of being temporarily separated from their children or losing legal custody. As women are often the primary or solitary care giver, the difficulties are two-fold. Women may turn to substance use as a way to cope with the struggles of life as a care giver, but are also less likely to seek treatment as they do not want to lose their children.

Personal Trauma - Women with a history of physical and/or sexual trauma often turn to substance use as a coping mechanism.

Financial Burdens - Women tend to have greater concerns about paying for treatment in comparison to their male counterparts, as many women often earn less, are underemployed or unemployed.

Psychological and Emotional - Women often view their own substance use as a temporary coping mechanism, turning to substances to help them manage the demands of the work/life balance. Women often believe that their substance use is the outcome of anxiety or depression,



treating the behavioral health issue while ignoring the addiction.

Luckily, each day more and more women are turning to treatment for their substance use disorders and are finding a path to recovery. Despite the stigmas that persist about substance use disorders, the women on the path of recovery are so much more than their past or their addictions. They are our mothers, daughters, granddaughters. They are our friends, teachers, mentors. They are innovators, entrepreneurs, leaders. "We recognize the obstacles women face with addiction, and offer tailored care to suit their special needs. From our specialized female and PPI programs, to our counseling and women's only areas, we strive to help women rebuild their lives," said Bill Bailey, CEO. At Cenikor, we are driven to help these women find their way along their path of recovery.

Carla's powerful story is a testament of a woman in recovery.

"I grew up in a great house and my parents were not addicts. I had everything I needed, including love, but something was always missing." says Carla Crochet, Cenikor Graduate and Business Manager. Carla was introduced to drugs at 13 which temporarily filled that void with false

strength and power, but her drug use put her on a downward spiral eventually resulting in homelessness.

"I came to Cenikor at 37 years old with the mentality of a 13 year old. I had not grown-up and had no idea who I was." Carla had her share of struggles in the Cenikor program, being terminated from Deer Park and later admitted in Baton Rouge, but she learned to find her way outside of her negative behaviors and to a place of self-respect. "While working my program, I focused on being a true role model for the females in population. Learning the true meaning of respect was powerful for me." Carla completed the Baton Rouge long-term program, took part in Cenikor's intern program and now serves as Business Manager for Deer Park.

JOIN US AS WE **CELEBRATE WOMEN ON THE PATH OF LONG-TERM RECOVERY, AT OUR ANNUAL WOMEN'S LUNCHEON ON FRIDAY, JULY 1ST** AT OUR HOUSTON FACILITY.

TO RSVP OR FOR MORE INFORMATION, CONTACT:

CARLA CROCHET
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WOMENHOUSTON@CENIKOR.ORG

LETTER FROM THE PRESIDENT

During the past 12 years with Cenikor, I have witnessed a shifting perception on substance abuse as treatment options grow, stories of successful recovery are shared, and the stigma around addiction subsides. The American people are recognizing the destructive impact on our communities when substance use disorders are ignored, and the positive impact of long term recovery. Despite the change in public perception, and



the growing options for treatment and support, nearly 27 million Americans are grappling with substance use disorders.

Recently the Senate passed the Comprehensive Addiction and Recovery Act (CARA) 94-1. The measure would authorize nearly \$80 million for drug abuse treatment and prevention across the nation. If passed in the House this effort would reflect another positive step to combat the addiction problem. Cenikor is proud to be part of the solution.

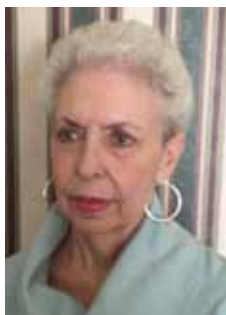
Each day, Cenikor helps people find the right treatment program to suit their needs, their recovery and their lives.

We deliver state of the art treatment programs where adults and adolescents can come to address substance abuse in a safe and supportive environment. We continue to expand locations, add programs, and increase staff to meet the needs of the clients we serve. I am proud of the team's hard work which led to many positive changes here at Cenikor. Each day, I am honored to be a part of this dynamic, dedicated, and devoted family.

Bill Bailey, President/CEO

VOLUNTEER SPOTLIGHT: SHERRIE JOHNSON

Even before she joined the Advisory Board of Cenikor's Houston Facility, Sherrie Johnson forged a profound belief in the program's ability to change lives.



Park and discovered a new calling. A faithful donor, volunteer, mentor, golf tournament participant, and Advisory Board member, Sherrie has developed a deep rapport with clients and staff alike. Sherrie is an advocate for Cenikor and shares our story with others who also want to make a positive impact. Along with two personal friends, she teaches a women's Bible Study, and Sherrie is always eager to visit when a resident requests prayer.

"Volunteering is a two-way street," Sherrie said. Cenikor eagerly volunteers in the community, which helps the clients to rebuild their self-worth and

acclimate as responsible members of their community. "When our church has its annual garage sale, Cenikor sends their clients to help us. We couldn't do without them." Like Sherrie, Cenikor is committed to seeing the best in people and helping them to achieve it.

"I never miss a graduation. I love to watch the parents' faces and see their tears of joy because they're getting their sons and daughters back. This great program helps clients find their way back to a lifestyle that's worthy of them."

After taking a mentoring class at her church, Deer Park First Baptist, Sherrie was soon working with a young woman in recovery. The mentee relapsed and found her way to Cenikor. Sherrie visited her at the facility in Deer

AMBULATORY DETOX SERVICES

Cenikor is introducing ambulatory detoxification to our continuum of care. For individuals experiencing active minimal withdrawal symptoms, ambulatory detoxification services are available at multiple facilities. During this critical period in the treatment process, it is important that medical intervention and support is provided to assure patient safety and comfort.

Contact us to learn more.

Cenikor's Ambulatory Detoxification services include:

- Physical exam
- Supervised care overseen by a licensed medical director
- Individualized treatment plan
- Medication to minimize symptoms
- Counseling with licensed therapist
- Orientation to AA/NA support groups
- Discharge planning and referral
- Convenient hours



TESTIMONIAL: MATTHEW

ADOLESCENT OUTPATIENT SERVICES

Now at 15, Matthew knows where he went wrong. More importantly, he is learning to make the right choices so his future can be successful.

Trying to find his place at a new school was not as easy as 13-year-old Matthew would have hoped. He drifted to the wrong crowd and began smoking marijuana to fit in. A year later, one of his new friends suggested they break into a nearby house just for kicks.

That burglary marked a significant moment in his life, that sparked the chance for a new beginning for Matthew. Caught on camera, he was identified within a few days, yet Matthew says he had already seen the error in his ways. "Every day when I saw the house, I felt shame. I had to stop – not because the probation officer said to, but because I wanted to. The break-in haunted me."

In the midst of this troubling situation, two very good things happened. Matthew moved to Franklin, Texas, to live with his grandparents and a wise probation officer suggested counseling.

Franklin, Texas is home to one of Cenikor's satellite counseling facilities, which brings services and licensed clinical counselors to small towns and rural areas. Cenikor's satellite outpatient model provides six-week evidence-based outpatient group counseling programs for adolescents and their families. Matthew fit right in. He and four other adolescents met with the counselor twice a week to discuss the addictive effects of chemical substances and how to say no. "We learned things to do at school or at a party to avoid drugs" he said about his experience in the program.

"I liked the counselor," Matthew expressed. "He wasn't there to judge or punish us. He got to know us and was someone we could really talk to. Having other kids there made it better. We understood each other."

Today, Matthew is enjoying a new life that involves family, free-time and four-wheelers. The ninth-grader joined Future Farmers of America and is proudly raising rabbits. He is doing much better in school and making friends that share his focus on being a healthy, happy



young adult. Matthew is living well with the principles of self-respect and personal responsibility. "I like the kids in Franklin. It's a better environment," Matthew exclaimed.

Matthew knows his future looks different. "There will be no drugs and no crime. I've put that behind me."

CENIKOR'S CONTINUUM OF CARE IS EXPANDING

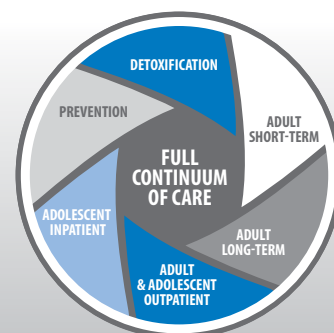
Cenikor is embarking on a strategic partnership with the Hays Caldwell Council on Alcohol and Drug Addition (HCCADA). HCCADA is a 501(c)3

non-profit promoting community and family enrichment through substance abuse education, prevention, treatment and advocacy.

HCCADA's comprehensive programs provide robust services in the Hays and Caldwell counties. "As Cenikor and HCCADA enter this partnership, Cenikor is looking forward to adding to our continuum of care and to providing support to the local communities," said Bill Bailey, CEO.

"HCCADA is excited to join the Cenikor family thereby gaining the infrastructure, experience and resources to further our mission of quality care," says Grace Davis, Director of Outpatient and Prevention Services and Former Executive Director for HCCADA.

The partnership will enhance Cenikor's continuum of care, bringing an arm of skilled professionals with tremendous experience in prevention services, expanding Cenikor's footprint across Texas and Louisiana, and furthering HCCADA's strength in San Marcos and the surrounding communities. The partnership is on track to be completed by September 1, 2016.



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PREVENTION

Killeen, TX | Temple, TX

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

AMBULATORY DETOXIFICATION

Houston, Texas | Tyler, Texas

OUTPATIENT SERVICES

Baton Rouge, Louisiana | Cleveland, TX | Killeen, Texas
Temple, Texas | Tyler, Texas | Waco, Texas

ADOLESCENT INPATIENT

Houston, Texas

ADOLESCENT OUTPATIENT

Cameron, Texas | Franklin, Texas | Henderson, Texas
Hillsboro, Texas | Marlin, Texas | Marshall, Texas
Waco, Texas

www.cenikor.org | 1.888.CENIKOR



CALENDAR OF EVENTS

Baton Rouge

Annual Voices for Recovery Community Luncheon

Thursday, September 15, 2016 at Boudreaux's

Contact: Dennis Forrest, Facility Director

225.218.1960 | dforrest@cenikor.org

Fort Worth

19th Annual Sporting Clay Shoot

Friday, July 15, 2016 at Dallas Gun Club

Annual Voices for Recovery Community Luncheon

Friday, October 7, 2016 at Colonial Country Club

Contact: Don Goad, Senior Manager

817.921.2771 | dgoad@cenikor.org

Houston

Annual Women's Luncheon

Friday, July 1, 2016 at the Houston Facility

Annual Voices for Recovery Community Luncheon

Monday, September 26, 2016 at Houston Marriott West Loop

Contact: Eugene Hall, Facility Director

281.476.0088 | ehall@cenikor.org

Waco

Annual Voices for Recovery Community Luncheon

Wednesday, September 7, 2016 at Waco Convention Center

Contact: Eric Jeter, Facility Director

254.224.8881 | ejeter@cenikor.org

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

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.