

POSITIVE CHANGES

HELPING PEOPLE THROUGH A FULL CONTINUUM OF CARE.

CENIKOR
A PLACE FOR CHANGE
Better Health. Better Lives.

SPRING 2017

OUTPATIENT SERVICES: MEETING CLIENTS WHERE THEY ARE

Consider these scenarios: A woman is set to graduate from short-term treatment care for substance abuse and is afraid to go home. She wonders how she will handle her old environment, and maintain her new sobriety. Or imagine a man who knows he needs help, but cannot leave his job for a month or longer when his family depends on his income. Or a teen, home from 60 days of rehab, who worries relapse is imminent because life struggles are challenging her sobriety.

All three need support. Derrick Lott, LCDC, is Facility Director of Odyssey House and previously Senior Outpatient Manager in Tyler and says, "Outpatient care keeps our clients connected to treatment as they function in everyday life. They learn and practice the tools needed to maintain sobriety."

Cenikor's adult and adolescent outpatient programs can be a great first step in seeking treatment. It can also be a great second step for people who complete long-term and short-term care and need a bridge to the sober community. It is also ideal for those who need clinical help but must remain close to home

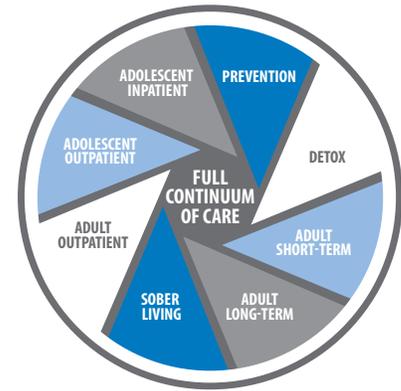
with their families, maintain jobs and participate in day-to-day activities.

Cenikor's evidence-based outpatient programs provide behavioral health and recovery services on an individual, group and family basis, including screening, assessment, early intervention and recovery after-care. Adult services address chemical dependency, family in recovery, gender-specific issues, codependency, and some focus on pregnancy and post-partum intervention. Depending on the program, clients meet several times a week and receive both group and individual counseling.

Adolescents learn daily life and independent living skills; drug education, counseling and relapse prevention; family in recovery; parent and guardian education; and biopsychosocial and educational assessments. Looking at family and social systems is essential to each teen's success.

Cenikor also offers outpatient care to remote and rural areas typically lacking treatment services. There are many obstacles to treatment in rural areas and small towns including availability, travel time to larger cities, expenses and transportation, among others. Cenikor outpatient helps eliminate barriers to treatment.

Employers also value our outpatient program because we can help their employees successfully move through Employee Assistance Programs and provide care



"OUR CONTINUUM OF CARE IS EXCEPTIONAL. IF CLIENTS NEED ANOTHER LEVEL OF CARE, WE MAKE ARRANGEMENTS TO SUPPORT CLIENTS WITH PROPER LEVELS OF CARE. CLIENTS COME BECAUSE THEY WANT MORE HELP."

- DERRICK LOTT, FACILITY DIRECTOR

for early or manageable symptoms of substance abuse during active employment.

Derrick is one of many licensed clinical professionals who believe in the outpatient paradigm. He began his career working in a prison facility. "I didn't always see the dots connect. I wanted to meet clients in their regular habitat. That's what I love about Cenikor's program – the commitment to meet clients where they are. The outpatient programs are perfect examples."

If you, or someone you love is in need call us today at 1-888-CENIKOR.



LETTER FROM THE PRESIDENT

2017 marks Cenikor's 50th Anniversary and our long-standing commitment to supporting people in need. Since 1967, Cenikor has evolved from our early days with a small group of men dedicated to making a change in their lives, to one of the most successful non-profit treatment providers in the Nation. While Cenikor has changed in the past 50 years, our mission of service to help people achieve better health and better lives has remained steadfast.



Cenikor has changed and expanded to meet the ever-evolving needs of the

community. Drugs of choice change with each generation and availability continues to expand, with synthetic drugs and prescription opioids now having a strong impact on local communities across the U.S. The new drugs of choice often require a new approach to treatment. Cenikor has expanded our services to meet the individualized needs of each client by offering more programs – from supportive detox to flexible outpatient services, offering a full continuum of care across Texas and Louisiana.

You learned more about Outpatient services in our cover story. These outpatient services provide an excellent opportunity for clients to maintain a healthy work/life balance while learning coping mechanisms to help them on their road to recovery. We are adapting

to meet the needs of the communities, the needs of the industry and the new face of addiction.

The face of addiction is ever changing and we are dedicated to helping people of all walks of life. We have seen first-hand the stigma placed on substance users and therefore provide opportunities for clients to positively rebuild their lives and develop the necessary skills to successfully maintain employment. For the past 50 years we have dedicated our lives to helping save the lives of others. We look forward to our next 50 years of changing and saving lives and hope that you will continue to support our mission.

Bill Bailey, President/CEO

BOARD SPOTLIGHT: WILLIAM FERGUSON

William Ferguson values life and places an importance on family, faith and fortitude as foundations for success. As president of Dallas' Century 21, Judge Fite Management Company, he understands leadership and the value of working hard for professional success. He also understands hardship. After 30 years of marriage, he lost his wife, who was his high school sweetheart, in an accident. "More than half of me disappeared that day, September 4, 2012," he says.



His son, a teen at the time, and two daughters, both young adults, were understandably bereft. They all experienced grief and personal challenges. One of his daughters turned to drugs, and the family turned to the recovery community for help. William's daughter spent 70 days in a rehab program in East

Texas and found both her strength and her sobriety.

During one family visit at the East Texas rehab center, William had a chance encounter with a past member of Cenikor's Board of Directors. They both had a heart for helping people, and shared a compassion for those battling addiction issues. Not long after that chance encounter, William was asked to join the board. William recalls, "I was concerned I had nothing to offer except a personal experience of living with a young adult who went through rehab for a meth addiction." William had so much more to offer Cenikor and his personal and professional experience have been valuable assets in Cenikor's success.

"I've learned a lot about Cenikor and our push to help as many broken folks as we can. Thanks to Bill Bailey's management and organizational skills, the Foundation is a well-tuned

machine. At each board meeting, I continue to be impressed with the opportunities ahead of us to expand and continue to improve the healing process."

HELPING PEOPLE HEAL FITS INTO ONE OF WILLIAM'S PERSONAL PHILOSOPHIES:

"THERE IS A PURPOSE IN LIFE IF GOD IS RUNNING IT. THE PURPOSE GOES FAR BEYOND OUR VIEW."

- WILLIAM FERGUSON



TESTIMONIAL: SHERIDAN ADOLESCENT OUTPATIENT

Sheridan started smoking cigarettes at 7 and marijuana at 12. She tried meth, her drug of choice, at 14. "My friends used and they looked like they were having fun," she says.

Meth masked her depression over family issues and helped her lose weight to unhealthy levels. (At 5'8", she weighed 100 pounds, but wanted to lose even more.) When she was on an "up" from meth, Sheridan was happy. When she was coming down, she became desperate and angry.

Sheridan's teen years brought multiple brushes with the law, and she was first arrested at 14 for burglary and assault. She was released after three days, but four weeks later she failed a drug test and was jailed for a month. After the third arrest, she went to a Dallas recovery center for three months. Two weeks after she left the program, she relapsed and was arrested again. She left jail a month later wearing an ankle monitor, but still needed help.



One of Cenikor's outpatient programs proved to be her answer. "I suggested the program to my parole officer," Sheridan says. "I went to rehab the first time because everyone else wanted me to get clean. It didn't work. Now I wanted to be clean for myself. That made the difference."

Sheridan's outpatient group met twice a week. She learned coping skills and anger management. She found people who related to what she was going through. "I had other teens I could talk to, and my counselor Miss Linda was amazing. She was there for me. She gave me her card and said, 'Call me if you need me.' I did call and she talked to me. Everyone there understands. They don't judge." Cenikor staff really want clients to succeed. They will go the extra mile.

A good family environment can be a real asset for recovery. "My

grandparents took me in. They're half the reason I'm sober. The other half is me wanting to be sober," Sheridan proclaimed.

Her grandmother, Caroline, recommends Cenikor to other parents. "Sheridan's counselor helped me understand what she was going through. These kids have a bad disease. You can't give up on them."

For the first time, Sheridan is taking school seriously. She may even become an EMT or a drug counselor. "I could save someone else's life," she muses.

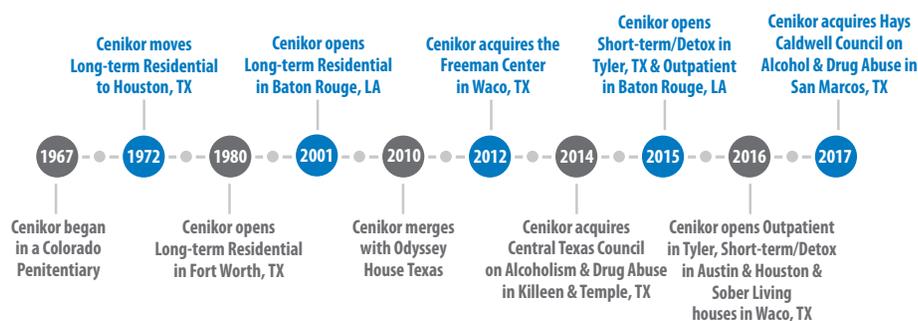
On February 28, 16-year-old Sheridan celebrated seven months sobriety. We could not be prouder of Sheridan. Congratulations and keep up the great work!

CELEBRATING 50 YEARS

This year marks Cenikor's 50th year of assisting people as they transform into responsible citizens free from substance abuse.

Cenikor got its start in 1967 in a penitentiary. Inmates gathered to form a self-help group and worked toward overcoming drug and alcohol problems.

There have been significant changes since Cenikor's inception: the program was expanded into Texas and Louisiana, a board of directors was elected, licensed counselors and business professionals were hired, clients began attending college and receiving vocational training and additional programs.



Over the past decade we have taken a more holistic approach by focusing on improving each clients' self-image so that they can begin to rebuild their lives on the road to recovery.

Today, Cenikor offers a full continuum of care for adolescents and adults that addresses the individual needs of each client from detox to outpatient services.

SAVE THE DATE

TO CELEBRATE 50 YEARS OF SERVICE, CENIKOR WILL BE HOLDING A GALA ON FEBRUARY 16, 2018.

FOR MORE INFORMATION OR FOR SPONSORSHIP OPPORTUNITIES CONTACT BECKY HOWLAND AT 713-395-5915 OR BHOWLAND@CENIKOR.ORG.

Cenikor Foundation
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INPATIENT DETOX

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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

OUTPATIENT DETOX

Houston, Texas | Tyler, Texas | Waco, Texas

OUTPATIENT SERVICES

Baton Rouge, Louisiana | Houston, Texas | Killeen, Texas
San Marcos, Texas | San Marcos, Texas | Temple, Texas | Tyler, Texas
Waco, Texas

ADOLESCENT OUTPATIENT

Cameron, Texas | Henderson, Texas | Hillsboro, Texas
Marlin, Texas | Marshall, Texas | San Marcos, Texas | Tyler, Texas
Waco, Texas

SOBER LIVING

Waco, TX

PREVENTION

Killeen, TX | San Marcos, TX | Temple, TX

www.cenikor.org | 1.888.CENIKOR



CALENDAR OF EVENTS

BATON ROUGE

Annual Women's Luncheon - Friday, March 24, 2017

Contact: Juanita Coleman

225.218.1960 ext. 4968 | womenbatonrouge@cenikor.org

14th Annual Clay Shoot - Friday, May 5, 2017

Contact: Nancy Carter, Event Coordinator

225.218.1960 ext. 4965 | ncarter@cenikor.org

FORT WORTH

Annual Women's Luncheon - Thursday, April 20, 2017

Contact: Kimberly Reaves

817.812.6624 | womenfortworth@cenikor.org

25th Annual Clay Shoot - Friday, June 23, 2017

Contact: Don Goad, Facility Director

817.900.5807 | dgoad@cenikor.org

HOUSTON

25th Annual Ed Brandon Cenikor Golf Tournament

Monday, April 24, 2017

Contact: Eugene Hall, Facility Director

281.946.4314 | ehall@cenikor.org

SAVE THE DATE - 50th Anniversary Celebration Gala

Friday, February 16, 2018

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

TYLER

Annual Recovery Luncheon

Wednesday, September 20, 2017

Contact: Hollis Hill, Facility Director

903.630.7469 | eventtyler@cenikor.org

WACO

Annual Recovery Luncheon

Wednesday, September 6, 2017

Contact: Eric Jeter, Facility Director

254.224.8881 | eventwaco@cenikor.org

DISCOVER THE CHANGE

Baton Rouge | Fort Worth | Houston

Join us at one of our upcoming Discover the Change luncheons to learn more about how we help individuals, their families and the communities we serve.

Complimentary lunch will be served along with a guided facility tour and informational session.

Contact marketing@cenikor.org for the next luncheon in your area.