

POSITIVE CHANGES

HELPING PEOPLE THROUGH A FULL CONTINUUM OF CARE.

SUMMER 2017

CENIKOR PREPARES CLIENTS FOR ONGOING SUCCESS

When Cenikor clients complete their treatment, they are clean and sober and have the tools and resources to maintain their sobriety for the rest of their lives. Each new day begins with choosing recovery.

In both short-term (14 to 40 days) and long-term (18 to 24 months) programs, Cenikor clients begin to understand their behaviors and lifestyle choices. They learn that addiction is a chronic disease, one that never ends and needs daily attention.

"When they leave our programs, they have a 12-step or spiritual foundation to help them face day-to-day challenges," said Jerry G. Hall, LCSW, LCDC, Senior Vice-President.

Long-term care

Long-term treatment's cognitive approach addresses distorted thinking, attitudes and behavior. The view of right living is a central tenant: honesty, responsibility, integrity, loyalty, work ethic, doing the right thing and more. The program's longer length-of-stay allows each person the time to examine old behaviors, then establish and stabilize new ones for a positive outcome.

Before the re-entry phase, about 15 months into the program, treatment shifts to preventive work. Jerry describes it as "working toward recovery, rather than running from it." In addition to developing financial and career plans, clients work on relapse prevention. They examine problematic triggers and develop plans to avoid pitfalls.

"If 5 p.m. on Friday afternoon signifies time to go drinking with friends, you might plan a get-together with AA

friends and a Saturday morning volunteer project," said Jerry. "Triggers and solutions are different for everyone."

Now it's time to go into the community, find a job, manage daily activities and deal with negative influences. Cenikor's Vocational Services and alumni help with the transition to employment, financial stability and a positive living environment.

This foundation is essential to success. Janet (*testimonial on page 2*), who completed the program in 2001, always thought she'd return home to Memphis after Cenikor, but she decided the better choice was to stay in Fort Worth. She has a great job and relies on a big and healthy support system in her recovery community.

Short-term care

In an abbreviated length-of-stay, Cenikor's short-term program prepares clients for the life that is waiting for them. "We don't just address substance abuse, we work with the whole person," Eric Jeter, Senior Manager in Waco, explained. "Our program is not about stopping using. It's about meeting life on life's terms. The same problems will be waiting when they walk out our doors. Clients must be prepared for them."

Preparation starts on day one. Working together, counselor and client develop an individual treatment plan, a living document that includes measurable goals and objectives. Each week, clients attend 10 hours of individual and group counseling; 10 hours of classes: life skills, anger management, relapse prevention and others; and 10



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-JERRY G. HALL, LCSW, LCDC,
SENIOR VICE-PRESIDENT

hours of alternative activities—recreation and community events that remind clients it's possible to enjoy life without alcohol or drugs. Sundays are given over to family visitation. Family groups explore what it looks like to support—not enable—someone in recovery.

Clients are introduced to 12-step recovery and are referred to outpatient aftercare, case management, community resources and mental health support.

When they complete the program, clients who are looking for a job or working with a case manager might opt for Cenikor's Supportive Residential program. Others choose Cenikor's Sober Living, a peer-accountability environment.

Eric explained, "When clients leave our program, they have the skills and support to place a priority on recovery. They must understand recovery is a journey, not a destination."



LETTER FROM THE PRESIDENT

Lost a good friend and the Cenikor family lost a leader with the recent passing of Jerry Hall, Senior Vice President of Cenikor.



Jerry's commitment to the substance abuse field and the people who struggle with it, was unparalleled. He always took the time to get to know and better understand people and meet them where they were at in their recovery journey. He brought a wealth of clinical knowledge and could relate that information on a personal level. His insight and gift of service helped people feel at ease when dealing with the difficult subject of addiction. Jerry had a tremendous impact on Cenikor staff and leadership, and will truly be missed.

Jerry's personal commitment to long-term recovery is evident by the many people he has influenced over the years. In preparation for this issue, Jerry shared his insight into long-term recovery and how Cenikor prepares clients as they complete treatment.

In our long-term therapeutic communities, we provide educational and job training classes as well as vocational services, in addition to substance abuse counseling. I believe if we help people gain sobriety without helping them prepare for a productive life, we've missed a golden opportunity. We must return them to their communities with increased education, job skills and strengthened family relationships. That's why our therapeutic program focuses on the whole person to help build the foundation for long-term recovery.

Each day, I am honored to work with our committed board members, dedicated staff and motivated clients who are steadfast on their recovery journey.

Bill Bailey, President/CEO

JERRY'S FAMILY REQUESTS THAT IN LIEU OF FLOWERS, MEMORIAL DONATIONS CAN BE MADE TO CENIKOR FOUNDATION, 11111 KATY FREEWAY, SUITE 500, HOUSTON, TX 77079 OR WWW.CENIKOR.ORG/VOLUNTEERS-DONATIONS.

ALL DONATIONS MADE IN JERRY'S HONOR WILL GO TOWARD THE **JERRY G. HALL MEMORIAL SCHOLARSHIP FUND**.

JANET: A PROMISE MADE IS A PROMISE KEPT

Janet's road to recovery began with a broken arm. Along with a cast, the doctor gave her a prescription for 40 pain pills, and it was refilled every 10 days for seven months until an overdose landed her in the hospital.

When she admitted she needed help, her cousin recommended Cenikor. Along with her daughter and sister, Janet drove from Memphis to the Fort Worth Facility where she was told to come back when she'd been clean for five days. She did, and though it wasn't easy, she decided to take advantage of everything the program offered.

She started with a promise. "I told God I'd do whatever it took to get my life back. There were times I had to force myself to stick it out. God was challenging me: 'If you do this, I'll make it better.' And it always got better."

She absorbed lessons she hangs on to today, six years after she completed the program. "I was told I was loved until I began to love myself. Once I learned I was okay, I set boundaries so no one could convince me I wasn't." Janet worked in-house during her Cenikor program, and upon completion was offered a newly created position as an expediter at

GST Manufacturing. One promotion led to another, and now she's a project manager overseeing steel erection in commercial buildings.

She recently broke her arm again. "I learned just how many people are there to help me. I also learned that I can manage my physical pain without needing to medicate emotional pain."

"Recovery is such a good life if you let it be." There are still difficulties. For instance, she was recently asked to speak at a Cenikor luncheon. "I really, really didn't want to because I'm not a public speaker, but I remembered that promise to God..."



PROGRAM OUTCOMES

Data averages after one year of completion from Cenikor's short-term, long-term, adolescent and outpatient treatment programs between July 1, 2013 to June 30, 2016.



65% ARE EMPLOYED



91% ARE LAW ABIDING CITIZENS



78% HAVE BEEN ALCOHOL AND DRUG FREE FOR THE PAST 60-90 DAYS



85% ARE IN A STABLE LIVING ENVIRONMENT



36% ATTENDED A PEER LEAD SUPPORT GROUP IN THE PAST 60 DAYS

ADVISORY BOARDS CONNECT CENIKOR TO COMMUNITY

“Cenikor helps really good people who need help getting back on their feet,” said Brian Daigle when asked why he serves on the Advisory Board of Cenikor Houston.

As Vice President and Plant Manager of Turner Industries Group, Brian knows the program well. In 2008, when his shop was doubling its workforce and having a hard time finding qualified employees, he reached out to Cenikor. “The first couple of Cenikor clients who came to us were outstanding. Our supervisor asked for more. As clients completed the program, we hired them full-time. Today, of our 150 shop employees, 30 percent of them are from Cenikor.”

Brian believes the interaction between Cenikor and the community is so important that when he was asked to chair the Houston golf tournament, he said yes. He has served on the Advisory Board for six years because he sees “the good things they do over and above employment. It’s important that we spread the message and convince the community to give clients a chance.”

Advisory Boards include a network of industry experts, influential business people and community leaders. They foster relationships with civic, entrepreneurial, financial, advocacy, religious and judicial organizations. They also offer advice, lend fundraising support and help with facility-hosted events.

Cenikor is indebted to the men and women who volunteer to serve in each community. They spread Cenikor’s message and increase our local participation. Just as important, they help us meet the needs of each community.

When Cenikor expanded into Tyler, Texas, Bill Bailey turned to Ed Moore, City Councilman for District 3. They began the conversation about how Cenikor and the community could work together.

“I felt Cenikor was needed in the Tyler area,” Ed said. “I have worked with a company that offered a recovery program for its employees, so I know recovery saves jobs and saves lives.”



FOR MORE INFORMATION OR TO SERVE ON AN ADVISORY BOARD IN YOUR COMMUNITY, CONTACT BECKY HOWLAND, DIRECTOR OF DEVELOPMENT AT 713.341.5915 OR BHOWLAND@CENIKOR.ORG

Ed now serves on Tyler’s Advisory Board. As he continues to learn about its services, he is a vocal advocate for the help it offers. “We need Tyler employers to embrace the program. Addiction doesn’t discriminate, and it doesn’t have to be the end of the story. Cenikor and its recovery program can help people be productive employees and productive citizens.”

REMEMBERING JERRY G. HALL



Our friend and colleague, Jerry Hall, Senior Vice President of Cenikor, passed away Tuesday, May 30, 2017.

Jerry was well-loved and respected for his commitment to

helping people achieve sobriety, and has impacted thousands of people over the years. We are all united in our grief and our memories of his incredible spirit. We want to celebrate Jerry’s life and honor his steadfast devotion to serving others.

Jerry Hall, LCSW-S, LCDC began his career with Cenikor on March 18, 1996 as a Resident-In-Training working in prevention and operations and later

worked as a LCDC-I counselor at the Fort Worth long-term facility. Jerry earned his LCDC license in 2004, obtained his master degree in social work in 2006 and licensed master of social work credential in 2007.

Jerry’s commitment to service led to his promotion to Regional Vice President of Cenikor’s Deer Park Facility in 2004 until 2008, Vice President of Program and Clinical Services from 2008 until 2010, and in 2011 Jerry was promoted to Senior Vice President with oversight of the long-term programs. As Cenikor expanded, Jerry’s leadership contributed to the successful development of Cenikor’s short-stay/detox and outpatient programs, and in 2013 he transferred to Waco to oversee these new programs. In addition, Jerry was instrumental in Cenikor’s achievement of CARF (Commission on Accreditation of Rehabilitation

Facilities) accreditation. In 2016, Jerry was promoted to Clinical Executive to oversee all of Cenikor’s clinical services and quality of programming for our clients in addition to his duties as Senior Vice President.

Over the past 21 years, Jerry has mentored and impacted all of Cenikor’s leadership team, hundreds of individual team members and thousands of clients. His legacy will continue through the lives of those individuals and leaders he has affected with his genuine care, concern and commitment of service. Jerry will not be forgotten.

TO HONOR AND CELEBRATE THE LIFE AND LEGACY OF JERRY G. HALL, PLEASE EMAIL REMEMBERINGJERRY@CENIKOR.ORG TO SHARE STORIES, NOTES, PHOTOS AND MEMORIES OF JERRY.

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ADOLESCENT INPATIENT

Houston, Texas

OUTPATIENT DETOX

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OUTPATIENT SERVICES

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San Marcos, Texas | Temple, Texas | Tyler, Texas | Waco, Texas

ADOLESCENT OUTPATIENT

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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 Recovery Luncheon

Friday, September 15, 2017

Contact: Dennis Forrest

225.218.1960 | eventbatonrouge@cenikor.org

FORT WORTH

Annual Recovery Luncheon

Friday, September 29, 2017

Contact: Don Goad, Facility Director

817.812.6624 | eventfortworth@cenikor.org

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

HOUSTON

50th Anniversary Celebration Gala

Friday, February 16, 2018

Cenikor is celebrating its 50th Anniversary with a gala to celebrate the stars of Cenikor, whose lives have been transformed and renewed through sobriety and recovery.



Honorary Benefit Co-Chairs
John & Kathy Collado

Contact: Becky Howland, Director of Development

713.341.5915 | eventhouston@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.