

POSITIVE CHANGES

HELPING PEOPLE THROUGH A FULL CONTINUUM OF CARE.

SPRING 2020

ADVANCING THE YOUTH RECOVERY COMMUNITY

Cenikor Foundation entered the new decade with a focus on advancement in our youth recovery and prevention programs. We believe that investing in today's youth secures our future as a society. Youth and young adults face tremendous pressure from peer culture and media influences to experiment with drugs and alcohol. We are determined to intervene.

On January 30, we had the honor of cutting the ribbon on a new community center in San Marcos, Texas, located at 1205 Highway 123. We were joined by special guest Senator Judith Zaffirini, PhD. who made a proclamation to commemorate the event. The facility is our Youth Recovery Community (YRC) program and will provide a safe and sober space for youth and young adults in recovery to support each other.

YRC welcomes youth and young adults ages 13-21 who want to participate in fun and sober activities that promote a recovery lifestyle. Participants will learn

leadership, teamwork and social skills through community outreaches with their peers. Support groups are provided for participants as well as parents to support the entire family in the recovery process.

Additionally, a grand opening for Cenikor Amarillo's full continuum of care facility, including short term, outpatient and long term residential with detox soon to come, was hosted on Tuesday, November 12 with an announcement of our plans to launch educational programs in the Texas Panhandle. Texas State Representative Four Price was the featured speaker at this event. Cenikor has since on-boarded a new prevention team to meet the needs for this expansion.

Research shows adolescents are less likely to perceive a great risk of harm from substance use compared to the adult population. This is, in part, due to a still developing brain that leaves young individuals vulnerable to risky behavior like substance use. The



BILL BAILEY, PRESIDENT, AND AMY GRANBERRY, VICE PRESIDENT, PICTURED WITH SENATOR ZAFFIRINI.

part of the brain that controls reasoning and impulses does not fully mature until the age of 25.

This vulnerability can be protected by equipping youth with information about the harmful effects of alcohol and drugs and providing fun alternatives to help them find joy free from substance use. We are proud to offer these services to the community and set this generation up for success.



THE AMARILLO GRAND OPENING FEATURING REP. FOUR PRICE.

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"THE YOUTH OF A NATION
ARE THE TRUSTEES OF
POSTERITY."

- BENJAMIN DISRAELI



LETTER FROM THE PRESIDENT

I hope this newsletter finds you well. In the midst of this coronavirus outbreak, all of our facilities remain open for admissions and have capacity to accept clients. Substance use disorder knows no boundaries, and is likely to worsen during times of crisis. We have adapted our operations to protect the safety and well-being of our clients, visitors and staff. You can read more about those changes on our website.



Our mission has been and will continue to be providing a foundation for better health and lives. We cannot allow the darkness of what is happening in our world overshadow the positive progress we have made and are continuing to

make. We will continue to plow ahead with our three-pronged approach: prevention, treatment, and recovery support.

Many individuals who come to our long term programs were introduced to substances prior to age 9. We believe that if we can help school children understand the devastation of substance use, they will never start. In this issue of Positive Changes, you will learn more about the expansion of our prevention programs to the Amarillo area.

The second part of our plan is treatment. We provide residential and intensive outpatient services for adolescents at select facilities. You will read a success story from a graduate of our adolescent residential program in Houston to learn more about the work we are doing there.

Last but not least, we are proud to announce our advancement in youth recovery support. Our new Youth Recovery Community Center in San Marcos is a wonderful environment for young people to learn from and be supportive of each other.

Substance use disorder affects the entire community. It is never too late to combat the devastating effects of substance use, but we believe that early intervention is invaluable. These years of development are critical to shaping their futures as well as ours. Protecting our youth preserves our future, so we have no other choice. Our commitment to service will settle for nothing less.



Bill Bailey, President/CEO

BOARD MEMBER SPOTLIGHT: JOHN MARMADUKE

John H. Marmaduke graduated from the University of Texas at Austin with his Bachelor of Science Degree in Finance. Joining Western Merchandisers upon graduation, he rose to President of Hastings Entertainment, a WM subsidiary, in 1976, and President & CEO of WM in 1982.

WM was acquired by Wal-Mart in 1990, with John assuming twin CEO roles. In 1994, Wal-Mart sold Western Merchandisers. Hastings grew to 129 stores with 4,500 associates. It was acquired by Draw Another Circle in 2014.

John has many accolades to list including the honor of being inducted into the Variety Home Entertainment Hall of Fame in 2011. He was a keynote speaker at the 2008 Video Entertainment Conference in Munich, Germany.

He has served on many Boards throughout his career, including being chairman for the Amarillo Recovery from Alcohol and Drugs. He currently serves as the vice-chairman of the Harrington Cancer and Health Foundation. Now, we welcome him to the Cenikor Foundation National Board of

Directors and are honored to call him a team member.



4-STAR CHARITY RATING

WE ARE EXCITED TO ANNOUNCE THE RENEWAL OF OUR 4-STAR CHARITY RATING WITH CHARITY NAVIGATOR.

• Charity Navigator is an external, independent agency responsible for examining a charity's performance based on Financial Health and Accountability & Transparency.

• Cenikor has received this rating for the past 10 years. Our most recent score published on February 1, 2020 was **92.22** (out of 100). You can learn more about our results by visiting [CharityNavigator.org](https://www.charitynavigator.org)

TESTIMONIAL: MANUEL DULANTO

Odyssey House - Adolescent Residential Facility

Possession. Public Intoxication. Evading Arrest. Disorderly Conduct. These are a few of the criminal charges Manuel Dulanto faced before his 17th birthday.

“My probation officer warned me, if I messed up this up again, I was going to get locked up,” Manuel recalls.

Manuel Dulanto was 12 years young when introduced to marijuana. By his freshman year of high school, it was a daily habit. His substance of choice expanded to include alcohol, ecstasy, and cocaine. To his chagrin, he began finding himself in trouble. It was his sophomore year in which he was expelled for being under the influence.

When Manuel was given a second chance to complete substance use residential treatment, he entered Odyssey House. He recalls

resisting the idea that it would help. “I was court-stipulated. I didn’t want to be there,” he explains. “It took some time adjusting to my current circumstances before I finally acknowledged that I had a problem.”

The environment at Odyssey House removed Manuel’s ability to mask his problems with drugs. Slowly but surely, through counseling and support, he began to recognize his underlying issues. The program equipped him with the coping skills to work through them.

Cenikor adolescent clients learn how to live with structure as behaviors and attitudes are addressed. In addition, teens continue their education with qualified teaching staff in its onsite accredited school.

“The staff at Odyssey House were sincere about helping us get through the program and wanting the best for us. I learned to hold



myself accountable and was given the tools I needed to be successful. I could not have done it on my own.”

Now, 10 years after Manuel’s first arrest at age 15, he has been working with Cenikor Foundation’s insurance department for over 2 years. He has a medical billing and coding diploma and is continuing his education.

“Every day, I come to work reminded of where I came from and how I overcame it. It is an honor to work for the foundation I credit for saving my life.”

PREVENTION EXPANDS TO AMARILLO

Since starting the Cenikor Amarillo prevention program in November, the prevention team has grown to five specialists. We will be hiring two additional specialists who will serve the South Plains/Lubbock counties.

In collaboration with the Center for Advancement, our team will be providing a community presentation this March for parents. The topics will include the warning signs of substance misuse and what parents can do to help their children.

We are also participating in the local Amarillo “Karing for Kids” child abuse prevention rally and community outreach event.

This program collaborates with multiple agencies throughout Amarillo and the South Plains including:

- Downtown Women’s Center
- Sharing Hope Ministries
- Amarillo Activity Youth Center
- Don Harrington Discovery Center
- Child Protective Services
- Amarillo ISD
- Coalition of Health Services
- Salvation Army
- Warford Activity Center



Cenikor Foundation

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INPATIENT DETOX

Amarillo* | Austin | Corpus Christi | Houston
Tyler | Waco | Baton Rouge, LA

OUTPATIENT DETOX

Amarillo* | Corpus Christi | Houston | Tyler | Waco

SHORT-TERM RESIDENTIAL

Amarillo | Austin | Corpus Christi | Houston
Tyler | Waco | Baton Rouge, LA

LONG-TERM RESIDENTIAL

Amarillo | Corpus Christi | Fort Worth | Houston

ADOLESCENT RESIDENTIAL

Houston

OUTPATIENT SERVICES

Amarillo | Houston | Temple | Tyler | Waco
Baton Rouge, Louisiana

ADOLESCENT OUTPATIENT

Hillsboro | Houston | Gholson | Killeen | San Marcos
Temple | Waco

SOBER LIVING

Waco

MEDICATION-ASSISTED TREATMENT

Waco

PREVENTION / INTERVENTION

Amarillo | Austin | Killeen | San Marcos | Temple

RECOVERY SUPPORT SERVICES

Corpus Christi | San Marcos

www.cenikor.org | 1.888.CENIKOR

CALENDAR OF EVENTS

We adjusted our events calendar to protect our communities and adhere to state and federal social distancing guidelines. Please stay tuned to our website and social media for new dates as we monitor the situation.

www.cenikor.org