

# POSITIVE CHANGES

HELPING PEOPLE THROUGH A FULL CONTINUUM OF CARE.

SUMMER 2020

## THE OPIOID CRISIS MEETS COVID-19

For over 53 years, Cenikor Foundation has been serving a community in the crisis of addiction. An epidemic that has been taking over 200 lives per day quickly became overshadowed as we learned more about the novel coronavirus earlier this year.

Before we knew it, we found ourselves in a time of unprecedented stress and unknowns. Unemployment began rapidly rising. Social distancing guidelines and city lockdowns introduced a new level of isolation. Crowds rushed the stores leaving behind a scarcity of food and household goods. Communities were forced to scramble to obtain what they needed unlike ever before.

According to a Mental Health America (MHA) report, almost 90,000 Americans have experienced anxiety or depression as a result of the COVID-19 pandemic. Demand for our services began rapidly rising. Why? Because isolation breeds unhealthy coping skills such as those that define substance use disorder. Firsthand, we noticed a 10-20% increase of people calling in for assistance for the first two weeks.

Even in a time of uncertainty, there was one thing we all understood in the Cenikor family. The addiction epidemic preceded the pandemic and wasn't going to subside. It was our duty to continue our mission of service at this

critical time. Thankfully, as a healthcare provider, governors recognized our organization as an essential service, allowing us to continue operations.

It was not without challenges. Though we had no choice to keep our facilities open for treatment, we had an increased responsibility to protect the health and well-being of our residents, staff, and guests. Recommendations from the CDC and WHO were changing on a nearly daily basis. It took careful time and attention from our leadership team to adapt accordingly and train our staff on new operation procedures.

We focused on screening procedures, sanitization of the facilities and continuous monitoring information from the CDC, state health departments in both Texas and Louisiana, as well as the local jurisdictions of each facility. It involved some difficult decisions to temporarily suspend family visitation and the recovery support meetings open to the public.

"We worked closely with officials of the health department to do everything in our power to contain risk for infectious disease," reports Donald Goad, Senior Director. "It wasn't easy, but our mission of service leaves us with no choice but to keep fighting the disease of addiction."



For weeks, many of our clients voiced their gratitude to be in a safe environment, focused on their recovery, rather than out in the world during this time. Cenikor Fort Worth resident Galicia E\* describes her demeanor before entering the long term residential program. "I had no structure in my life. I was hopeless and completely lost," she states. "I'm thankful for the opportunity that Cenikor has given me."

The unprecedented crisis brought on by this pandemic took the world by storm. Over 100,000 deaths and rising in the U.S. may have captured all media attention, but a study by Well Being Trust and the Academy of Family Physicians estimate an additional loss of 75,000 lives to substance use and suicide.

While many other recovery treatment centers curtailed admissions and some unfortunately shut down operations, we are grateful to have successfully kept doors open to those in need during this difficult time. Not all heroes wear capes, but our facility staff proudly wore masks throughout this side of the fight.

**"OUR MISSION OF SERVICE  
LEAVES US WITH NO CHOICE  
BUT TO KEEP FIGHTING THE  
DISEASE OF ADDICTION."**

- DONALD GOAD, SENIOR DIRECTOR



## LETTER FROM THE PRESIDENT

This year has introduced a unique combination of challenges.

National attention has turned to the COVID-19 pandemic while the hidden costs have been overlooked by many. We witnessed officials make determinations about which businesses are considered essential while leaving others vulnerable to economic collapse. Solid support systems were weakened by social distancing guidelines. While we are thankful to have maintained operations, other recovery organizations have been less fortunate.



A recent study from Well Being Trust and the Robert Graham Center for Policy Studies in Family Medicine and Primary Care predicts that up to 154,037 American lives may be lost due to the socioeconomic impact of the COVID-19 pandemic. These projected “deaths of despair” include drug, alcohol and suicide. The unemployment rate is unlike anything we’ve seen since the Great Depression. Social distancing may flatten the curve of the infection rate and hospitalization, but threatens the safety of child abuse and domestic violence victims.

The nature of what we do—saving lives—provides us with the unique opportunity to be a force of hope against dire situations. A local health official has even commended our practices to contain infection, so we can continue serving our clients through the pandemic.

For 16 years, I have kept the verse on my desk, Proverbs 3:5-6. “Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him, and he will make your paths straight.”

As I reflect on all the challenges we have faced this year as a nation, I believe there is always room for good to overcome evil. The pervasiveness of substance use disorder continues to destroy lives, break apart families and conflict communities. We continue to stand in the gap. No matter the social distancing, you are not alone. We are in this fight together.

Bill Bailey, President/CEO

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## BOARD MEMBER SPOTLIGHT: PATRICK DUGAN

Patrick Dugan and his family have a long history with Cenikor. His father, Albert W. “Al” Dugan, Jr., was an oilman and financier who joined Cenikor’s Board of Directors shortly after the Houston program started. Al remained involved with Cenikor for many years thereafter.

Patrick has been a Director, Vice President and General Counsel of Nortex Corporation for the past 30 years. He is also a Director, Vice President and General Counsel of an affiliated company, San Luis Development, LP, which was initially involved in land acquisition for development and has since

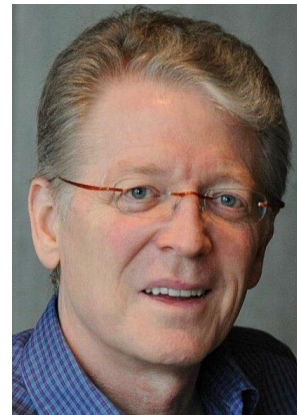
expanded into a variety of other investments.

Patrick graduated with a B.A. in psychology and a J.D., both from University of Texas at Austin. He currently serves on the board of five different companies: Nortex Corporation, San Luis Development, Gow Broadcasting, LaserGen Inc, and Mission Media Group LLC.

As a media investor, Patrick is an Executive Producer of the soon to be released film Bill & Ted Face the Music, starring Keanu Reeves and Alex Winter. He is a Director of Gow Broadcasting, LLC. Which

owns ESPN Houston 97.5 FM and CultureMap among other media properties.

We are honored to welcome him to the Cenikor National Board of Directors.



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## COMMUNITIES MAKE A DIFFERENCE

COMMUNITY SUPPORT IS VITAL TO CENIKOR’S MISSION. DONATIONS AND INVOLVEMENT FROM INDIVIDUALS HELP CHANGE AND SAVE LIVES. LEARN THE WAYS YOU CAN GET INVOLVED:

- Become a business partner providing pre-employment training and employment to our clients and graduates.
- Donate money, personal hygiene products, clothing, paper goods or office supplies.
- Volunteer or register for our events including recovery luncheons, gala, and sporting events.
- Become a mentor or tutor to a client or teach a skill or class.
- Tell others about Cenikor’s programs and recovery process.

## CHANGING THE GAME

### Telehealth Expands Outpatient Services to Virtually Anywhere

Social distancing guidelines put a strain on a person's ability to pursue their recovery. Counseling sessions, 12-step meetings, and quality time with loved ones served as a support system to keep a person focused on sobriety. The challenges of addiction recovery will not subside in times of crisis, so individuals needed an alternate way to engage these resources.

Enter Telehealth Services. To protect the safety of our staff and clients, it was necessary to provide access to outpatient services without in person meetings. The technological age we are in offered multiple tools, but we decided on the best option for our organization to conduct HIPAA compliant, confidential virtual meetings over the web and telephone. Through our secure platform, we are able to assist clients with long-term recovery.

Our outpatient services include a variety of counseling opportunities facing substance use disorder and behavioral health conditions. Clients and clinicians work together to create individualized treatment plans. Through counseling, clients are empowered to make positive choices and meet personal goals toward recovery.

This is an exciting advancement for Cenikor Foundation. Our outpatient services which were initially only available at select facilities, can impact a greater community without geographic barriers. We found that by switching to Telehealth, participation increased. This solution not only protects the health and safety of clients amidst a pandemic. It increases flexibility and ease of treatment. Clients can be less concerned about timing, location, childcare, and transportation needs. He or she can choose a comfortable environment of choice.



According to the 2018 National Survey of Drug Use and Health, 89.8% of the 20.3 million people who needed treatment for substance use disorder did not receive any. Removing these barriers increases the opportunity to reach those underserved communities.

We do not discard the value of in-person treatment and will resume with the necessary health precautions when the time comes. This virtual option provides the opportunity to serve clients who are not conveniently located to our facilities with outpatient staff.

## TESTIMONIAL: WALTER M.

As a 14-year veteran of the United States Army, Walter M. was of the mindset that he is supposed to be a survivor who can make it in any environment. He originally didn't believe he had a drug or alcohol problem. Walter chose to shrug off his substance use as a "life problem."

"The military sent me to Cenikor because of a problem that I had," recalls Walter. "It seemed odd that [they] would send me to an outside facility."

Walter now admits that he has been diagnosed with PTSD,

Bipolar II, major depression and major anxiety. He needed help not only with addiction but the psychological trauma he faced.

"Cenikor showed me a way to combat both," expresses Walter. "The counselors here really care. They go in depth. They do their best to help in all things."

Now, Walter serves as a drug and alcohol counselor and a manager at Iron House, a sober living facility in Eustace, Texas. He proudly refers to himself as an "ex-addict" and attributes his success from the help he received



CENIKOR TYLER FACILITY DIRECTOR, KEISHA MORRIS, WALTER M, AND IRON HOUSE DIRECTOR DAN HOSCH.

at Cenikor.

"I would encourage all, not only civilians, but military personnel also. Take the chance. A leap of faith. And try an outside facility. Cenikor for me, being one."



## Cenikor Foundation

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### INPATIENT DETOX

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

### OUTPATIENT DETOX

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](http://www.cenikor.org) | 1.888.CENIKOR



## CALENDAR OF EVENTS

### CORPUS CHRISTI

#### Celebration of Hope Golf Tournament

Cenikor Foundation is hosting its inaugural Celebration of Hope golf tournament on Monday, September 28, 2020, at the Corpus Christi Country Club. Support helps provide clients in Corpus Christi with the necessary food, clothing, shelter, vocational training, therapeutic treatment, education and healthcare while on the path to recovery.

Registration begins at 7:00 am. Tee off will be at 8:00 am.

**Contact:** Nancy Gaugler at [ngaugler@cenikor.org](mailto:ngaugler@cenikor.org) or visit [bidpal.net/celebratehopegolf](http://bidpal.net/celebratehopegolf) for more information.

### FORT WORTH

#### Annual Recovery Luncheon

Join us for our Annual Voices for Recovery Community Luncheon on Thursday, September 24, 2020, at the Colonial Country Club. Featuring a Silent Auction, delicious luncheon, testimonials from those whose lives have been transformed and renewed through sobriety.

Contact Donald Goad at [dgoad@cenikor.org](mailto:dgoad@cenikor.org) for more information.

### TYLER

#### Annual Recovery Luncheon

Cenikor Tyler invites the community to join us for our annual recovery luncheon on xxxxdays, September 18, 2020, at the Holly Tree Country Club. Featuring a Silent Auction, delicious luncheon, testimonials from those whose lives have been transformed and renewed through sobriety.

**Contact:** Keisha Morris at [kmorris@cenikor.org](mailto:kmorris@cenikor.org) for more information.

### HOUSTON

#### Annual Gala

Join us for our annual recovery gala at the Omni Riverway on Friday, October 23, 2020, at 6:30 pm. at the Colonial Country Club. Featuring a Silent Auction, delicious dinner, live entertainment, and testimonials from those whose lives have been transformed and renewed through sobriety.

Contact Darren Tompkins at [dtompkins@cenikor.org](mailto:dtompkins@cenikor.org) or visit [bidpal.net/cenikortriplecrown](http://bidpal.net/cenikortriplecrown) for more information.