

Have you heard that music soothes the savaged soul?

You might be surprised to learn that creative expression through visual arts and the written word can do the same! For ten years, Open Studio and Writers Wordshop have helped people stay on track with their treatment and stay out of the hospital.

CenterPointe, Community Mental Health, and Lincoln Parks & Recreation work together to ensure that patients who are visual artists and writers have supplies and space for facilitated weekly meetings. Your support of CenterPointe helps ensure these unique programs continue.

With help from people like you and facilitator Terrence Oberst, Writers Wordshop hosts community poetry readings; learns from nationally-recognized writers like Ted Kooser, Bill Kloefkorn and Hilda Raz; and has published seven books of poetry and prose.

Community support of Open Studio gives artists the opportunity to work with regional talent such as Carol Devall, Janna Harsch and Connie Leavitt. Artists can submit their work to show in galleries throughout Lincoln each year. Group showings of pieces by *Artists on the Edge* have resulted in the sale of art work and invitations for artists to hang solo shows!

Special thanks to Woods Charitable Fund, Lincoln Arts Council, our long-time patrons, gallery hosts and countless other friends like you!



You can own an original work of art! *Artists on the Edge* present "Loft Redux an Outsider Art Festival" at six galleries in Lincoln's Haymarket and downtown area throughout the month of August. For more information see our calendar of events on pg 4 or call Dean Settle at 441-6603.

"I prefer to help local agencies whose work directly supports community people in serious need."

– Dottie Shapiro

Why I Support CenterPointe

As a nurse I've always been interested in mental health. When I finished my nursing education and started my career, I thought that we would see great strides in attitudes toward mental health. In many ways we've made progress but in many ways we're still right where we were all those years ago.

I support CenterPointe because people still don't understand that mental illness and addiction are chronic diseases. Did you know mental illness is a chronic disease more common than heart disease, diabetes and cancer?

Attitudes toward mental illness and addiction are either negative or dismissive.

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Notes for Partners

We recently opened a beautiful new HUD housing ten-plex for people with persistent mental illness. We had a pizza party to allow staff and residents to meet and begin forming their community.

When I arrived, one of the residents approached me and reached out to shake my hand. After we met, she closed her eyes, held my hand and said in an intense, genuine, deeply felt manner, “Thank you, this means so much to me.” Her gratitude and the gravity of this new opportunity exuded from her.

As I thanked her, I thought to myself, “This is why I do this.”

CenterPointe engages in this HUD project and other projects with a big picture in mind, but the essence of this and all other matters is that it translates down to individual lives.

It sometimes takes a big focus to plan and operate large projects or corporations, but we all must think of what we do as connected to someone’s individual experience. It is never about the agency or us, but always about the people we serve.

The significance of being offered an opportunity to live in a new apartment on a park has been enormous to most everyone moving in to the ten-plex. Being disabled by mental illness, living on a small, fixed income and not being able to enjoy some nicer living circumstances makes this a very special gift.

Thank you for your partnership in recovering lives and restoring hope.



A handwritten signature in black ink, appearing to read "Topher Hansen".

Topher Hansen, J.D.
Executive Director,
CenterPointe



Early Intervention Makes a Difference

You don’t have to look very far for evidence that more teens are struggling with mental health and substance use issues than in the past. Nebraska’s recent difficulty with its Safe Haven law has illustrated how many teens and families are struggling to find help for serious issues.

Your partnership in CenterPointe’s programs and services helps us provide top-notch treatment for troubled teens at our Youth Residential Treatment Center. Kids 13 – 18 with mental illness and substance use problems benefit from our unique integrated approach to treatment in a residential program typically four to six months long.

Too often these kids have no where else to go. Many are in the foster care system, have long lists of criminal and educational problems. No one wants them. We see the value of the investment, and your contributions make a difference.

While there is no cure for chronic mental illness and addiction – reaching a young person with early intervention can impact their future in a positive way.

See our list of events for your opportunity to tour the center and meet the staff!

CenterPointe’s mission is to help people with substance use and mental health problems attain healthier, more productive lives.

Administrative offices:

2633 P St, Lincoln NE 68503 | 475-8717
Newsletter editor: Abbigail Swatsworth
aswatsworth@centerpointe.org

You and CenterPointe Can Help People SOAR!

In September 2008, CenterPointe hired Amanda Owen-Doerr as SOAR Case Manager under a Community Health Endowment grant. She's been changing lives for the better ever since. SOAR stands for Supplemental Security Income (SSI) Outreach, Access, and Recovery.

The SOAR screening and information gathering process can help people with severe, persistent mental illness prepare SSI applications that can be approved the first time!

Amanda says, "One of my favorite parts of the job is the outreach that I do. Because there are a limited number of beds for people with persistent mental illness a lot of them end up at the mission. Many of them are really ill and

have given up hope of ever having a better, more stable life."

Amanda has had twelve applications accepted—some in as little as three weeks. "SSI really isn't for everyone but for those who really need it; it can be life transforming. To have the stability of regular income and health insurance saves lives. I've seen it happen."

SOAR participants also benefit from CenterPointe's other programs and services. "Once someone becomes a CenterPointe client there is so much we can do to improve their lives. I know the people I work with are extremely grateful," professes Amanda.



Thanks to supporters like you, Amanda can refer SOAR participants to other CenterPointe programs like housing, outpatient counseling and medication management.

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Too many people still think mental illness is a problem for the police; people don't understand how mental illness and substance use can truly devastate lives; insurance companies have to be legislated to provide equal coverage.

Too many people blame the person who is ill.

Our culture wants a quick fix—CenterPointe knows there are no quick fixes for people struggling for years with co-occurring mental illness and substance use issues.

CenterPointe staff really care and they treat the whole person with respect. CenterPointe does so many different things to help someone get better. I really appreciate that they address issues like housing and independent living. It isn't just about treatment – it's about life.

They do so much with my contributions – I really feel like I'm making a difference!

- Dottie Shapiro
as told to Abbigail Swatsworth

Center Yourself

Your mental wellness is important! Here's a tip to be healthy: **Don't wait to see a professional.**

You wouldn't wait to treat chest pain, right? Why hesitate to keep your mind healthy?

If you have trouble sleeping; have a loss of appetite or desire to engage in activities; are easily overwhelmed or quick to anger, you might have depression or anxiety. You are not alone—millions of people do.

You shouldn't ignore these symptoms! Find out if your employer offers an Employee Assistance Program (EAP). EAP therapists are licensed professionals who can provide brief treatment or make a referral to a therapist who can offer more in-depth services.

It's better to catch any illness early. Please take your mental health seriously and seek professional help.

Join Us...

Loft Redux – Outsider Arts Festival
Friday Aug 7, 6pm – Artists' Reception
Friday Aug 14, 6pm – Poetry reading
129 N 10th St, Grand Manse Gallery

You can attend events and gallery showings throughout August: Grand Manse, Burkholder, Modern Arts Midwest, Noyes, Gallery 9, Tugboat Gallery.

Youth Residential Treatment Center Open House
Aug 7, 9am – 4pm
2220 S 10th St

You can tour the facility and meet the staff who serve troubled youth in our community.

South Street Business Health Fair
Aug 15, 11am – 2pm
Between 16th and 17th on South Street
You can stop by our booth as we share information for teens and parents.

Lunch & Learn with Topher Hansen
12noon – 1pm
2633 P St *Please RSVP*

Do you want to know more about how you are making a difference? Come for lunch and hear an in-depth presentation about the programs you support.

Aug 14 & 24 Sept 11 & 21
Oct 5 & 23 Nov 6 & 18
Dec 4 & 14

Abbigail.Swatsworth@centerpointe.org or 475.8717 ext 133
to RSVP or for more information about events.

A Little Can Go A Long Way

Have you ever wanted to make a bigger gift but felt like you couldn't do it all at once? If so, you might want to consider becoming a member of the CenterPointe Champion's Circle and making a monthly contribution.

For \$30 each month, less than dinner and a movie, you can contribute \$360 in a year's time! Any monthly amount can make a big difference because it creates a steady stream of revenue throughout the year for the programs and services you care about.

CenterPointe Champions also benefit by being able to "set it and forget it." You can arrange your monthly gift as a charge on your debit/credit card or authorize a monthly withdrawal from your bank account.

Charges and withdrawals will be handled on the 24th of each month giving you peace of mind that you can count on us to be careful

stewards of your gift.

If you feel more comfortable making your monthly gift as a check – we can send you a monthly email reminder or you can set up an automatic bill pay through your bank.

The satisfaction of making a difference when you give is compounded when you know that CenterPointe can count on you every month!

You can use this newsletter's reply piece to sign up or contact Abbigail Swatsworth at 475.8717 ext 133 or aswatsworth@centerpointe.org with further questions about becoming a CenterPointe Champion.

Whether you choose to become a Champion Circle member or not, your support at any level is recovering lives and restoring hope for people who truly need a helping hand to live in our community in healthier more productive ways.

New Beginnings

You can help someone make a new beginning by donating one of these Starter Kits of new kitchen items.

Dining Kit 1
Dishware
Silverware
Salt & pepper shakers

Dining Kit 2
Water glasses
Juice glasses
Plastic pitcher w/ lid

Cooking Kit 1
9" nonstick skillet
1 qt. pot w/ lid
2 qt. pot w/ lid
6 qt. pot w/ lid

Cooking Kit 2
Can opener
Slotted spoon
Cooking spoon
Pasta spoon
Non-metal pancake turner
Soft spatula
Colander
Oven mitts
2 – 3 kitchen knives

Give new life to these new or gently used art items.

Usable frames
Canvas
Drawing pads

Please call Abbigail at 475.8717 ext. 133 for details on how to give New Beginnings.