

## Your Shining Light

A spotlight on  
*CenterPointe Star Supporters*

Vicki Powell has a special commitment to helping people with mental illness and addiction. In every way she can, she is shining her light as a beacon of hope.

“I think everyone is impacted by these issues. Whether it’s someone in your family, a close friend, colleague, or the neighbors next door – addiction is out there and it doesn’t care who you are,” shares Vicki.

“I want to do my part to help people and families who lack the resources to seek private treatment. Recovery is possible and I believe everyone should have access to the services they need.”

Four years ago Vicki became involved with CenterPointe when she attended an event. Today she is an active member of the Board of Directors.

Vicki is an amazing volunteer and a charter member of the Star Legacy Society.

The Star Legacy Society recognizes donors who’ve included a gift in their will or other estate plans. Estate gifts can help ensure CenterPointe’s future stability.

“I think it’s important to plan. I hope more people will make a designation for CenterPointe in their will. We must ensure these vital services are available for those who come after us,” says Vicki.

Thank you, Vicki for all you are doing today and for planning your support into the future. You are truly a shining star in our community!



“We must ensure these vital services are available for those who come after us.”

- Vicki Powell

For more information on including CenterPointe in your will or to share your existing plans, please contact Abigail at 402.475.8717 ext 133.

## Your Will – Your Wishes

A gift in your will shares your desire to make the world a better place with your family members.

Here are 3 easy ways to share your charitable wishes in your will:

1. Name a certain dollar amount.
2. Designate a percentage of your overall estate.
3. Designate a percentage of your remaining estate after other beneficiaries are cared for.

These are only 3 options. There are many other tools for estate giving. Talk with your financial planner or estate attorney to choose the method that works best for you.

This information is not intended to replace professional financial planning services.

# Notes for Partners

## Family

Have you stopped to count who is in your family?

I have many friends so close to our family that we consider them family. Our constellations of family are numerous: extended, adoptive, foster, chosen, step, and so on.

The people we serve often regard our staff as a sort of family. Many have lost contact or connections with their birth family. It's not unusual for people with severe mental illness.

So, we stand by them, we support their recovery efforts, we listen, we're compassionate and we offer our support in their worst of times.

It is our honor to be in the position of family for some of our consumers, but we know an organization can only fill that void so far.

With your support, CenterPointe is helping people find and sustain recovery.

Through recovery they are in a better position to reconnect with their birth family or form a chosen family they can call their own.

We hope this is the case.

If someone in your family is overcoming mental illness and addiction, you probably hope so too.

Thank you for supporting CenterPointe and the people we serve.

Whether or not they are your family, they are someone's family and your support makes a difference. It makes them count.



Topher Hansen, J.D.  
Executive Director,  
CenterPointe



**You are helping  
young people  
reach for the stars!**

## StarPointe Transitional Services

Imagine you are a young man overcoming substance use and living in the foster care system. You're about to turn 19, and when you do, your support system will disappear.

You want to work or maybe go to school, but you don't know how you can do it on your own. You don't have a safe place to live and you need support to navigate your suddenly grown-up world.

With the help of community supporters like you, CenterPointe is launching a new program to serve young men and women just like this.

"Everyone has the ability to reach for the stars. Some young people, especially those in recovery from addiction, need extra support to see their potential. With the right services these young women and men can be productive members of our community," states Topher Hansen, Executive Director.

StarPointe Transitional Services will serve young people 16 – 21 years of age who are overcoming substance use and related issues.

The program will provide:

- safe, sober transitional housing
- supportive services to connect to resources, work or school
- education on independent living skills
- access to counseling if needed

"There are a certain number of kids 16 – 18 who, for whatever reason, just can't live at home during recovery. They need to transition to independence a little earlier. This program will provide a safe place while they learn to do it," shares Michelle Nelson, Clinical Director.

"And, there are young people who need to learn how to access services once they age out of foster care. They need support and targeted services so they don't fall through the cracks," she says. "StarPointe Transitional Services will fill a real need in our community."

The program will be staffed 24 hours a day. Special thanks to Housing and Urban Development, Lincoln/Lancaster JBC, and supporters like you for helping to make this vital program possible.

**For information or referrals to the program,  
please call 402.475.7315.**

# Your memories live on...

Your experiences with family and friends are precious. Your choice to honor the life of someone special, living or passed, builds a brighter future for current CenterPointe consumers.

## Center Yourself

Having a positive attitude is proven to improve health and wellness.

Here are some tips on keeping it positive and maintaining your good mental health:

- Focus on what you are grateful for.
- Recognize that attitude is a choice – choose your mood.
- Be a problem solver not a complainer.
- Find the humor in difficulties.
- Embrace change with an open heart.
- Resist negative people – don't let someone else's crummy outlook color your experience of the world.

CenterPointe helps people with mental health and substance use issues live healthier, more productive lives.

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## You made tributes for the following people during 2010:

**In honor of Robert Egenberger**  
Dawn Rockey

**In memory of Todd Francis**  
Barbara & Chuck Francis

**In memory of Vest Hoffman**  
Teri Robertson

**In honor of Marlin & Patti Johnson**  
Bronte & Darold Nielsen

**In memory of Bradley Lange**  
Linda & Gary Lange

**In memory of Tim Meier**  
Michelle Smith

**In memory of Burkett Powell**  
Connie & Larry Coffey  
Mary Keef  
Steve Miers  
Dottie Shapiro

**In memory of Jeanne Robare**  
Sandra Robare  
Karise Rupert

**In memory of Stan Terveer**  
Gloria & Allen Terveer

**In memory of Pinky Watermeier**  
Dave Watermeier

**In memory of Becky Wild**  
Barbara Baier  
Frances Clark  
Mary & Timothy Doyle  
Mary Hewitt  
Daniel Kline  
Heather & Corbin Lambert  
Gene T. Oglesby  
Rodney Peters  
Kelley Peterson  
Glenda Prascher  
Lori S. Wild

We are honored to share in these meaningful tributes. Because of you, women, men and teens are discovering their futures, believing in dreams and finding lasting recovery.

# Become a Champion!

## You are invited to become the newest member of the CenterPointe Champion's Circle!

Champion's Circle members are very special people who care deeply about women, men and teens in recovery and want to make a difference all year long.

You can become a champion when you sign up to make a monthly gift with a credit card or arrange an automatic bill pay.

While we're recruiting new members we want to shout out to our current Champions – Thanks, You're the Best!

### Why should you be a champion?

- You can feel the joy of giving all year long.
- You can add up a series of smaller gifts into one BIG gift.
- You can rest assured that women, men and teens are supported throughout the year.

Your monthly gift of any amount makes a difference.

Use the enclosed reply piece to sign up or contact Abbigail at 475.8717 ext 133 or [aswatsworth@centerpointe.org](mailto:aswatsworth@centerpointe.org)

## FACTOIDS to Fight the Stigma

### *Did you know?*

May is Mental Health Awareness month.

April is Alcohol Awareness month.

1 in 4 Americans has a diagnosable mental disorder at any given time.

Mental illness is a chronic disease more common than heart disease, diabetes and cancer.

### *Spread the word!*

## Your Inspiration!

You can clean out your basement/attic; have a garage sale and donate the proceeds. Sell some baked goods, soda or other snacks to raise additional money.

You can ask for donations to CenterPointe as a gift for your birthday, anniversary, or bar mitzvah.

You can save all your change in a jar for 3 months and challenge your friends to save with you. Offer to buy lunch for the winning saver. Cash in and donate all the savings!

You can sign up to make a small monthly gift on your credit card. Use the enclosed reply piece to sign up today.

You can suggest that your service club make a gift, hold a fundraiser or invite CenterPointe to speak at a meeting.

You can read a book about mental illness or addiction and invite CenterPointe to talk to your book club. Talk to a librarian for a book suggestion.

You can volunteer to bring a card and balloons for a client's birthday.

You can recycle your aluminum cans.

### *A list of creative ideas to support women, men and teens on a path of recovery*

You can write a letter to the editor about why CenterPointe is important in our community.

You can donate tickets to a baseball game or other sporting event.

You can follow CenterPointeNE on Twitter.

You can put CenterPointe in your will.

You can teach a "how to" class for a small fee—how to bake bread, how to re-pot violets, how to hang a picture—advertise in the church newsletter.

You can become a fan of CenterPointe on Facebook.

You can donate a portion of your business profits for one day.

You can have a lemonade stand on a hot, hot day.

You can give through your employer's workplace giving campaign.

You can talk to someone about why you support CenterPointe.

For more information on these or other ideas, contact Abbigail at 475.8717 ext 133 or [aswatsworth@centerpointe.org](mailto:aswatsworth@centerpointe.org).