

Thirty Years of Milestones

Around the Town Give to Dilworth Center

Save the Date!

of unlocking recovery... **Dilworth Center Turns 30!** By Charles Odell, President & CEO

space on East Boulevard, Dilworth Center has grown in numbers and impact. We now operate out of our historic and expanded home in Dilworth, have a staff of 26, a 9 member Board of Directors, and dozens of alumni that volunteer as ambassadors for our mission; all striving to help one patient, one family member at a time.

surrounding region. This prompted our new logo and tagline, Unlock Your Recovery. We've helped thousands of individuals unlock the door to a new and fulfilling life in recovery and we look forward to helping thousands more. To celebrate this special anniversary, you will see these special features throughout the year:

We will have an array of activities planned throughout the year to celebrate this historic milestone so be sure to stay up to date by reading our newsletters, checking out our new website and following us on social media.

Here's to the next 30 years!

Charles Odell President & CEO Click Here to Give

Years of unlocking recovery

May 1990 Dilworth Center is co-founded by Jack Harville and Ed Hoffman as a for-profit, alcohol and drug treatment center. It is

located in a small office on East Boulevard

in Charlotte

October 2017

The first annual Christina Browning

to be Dilworth's primary fundraiser.

Scholarship Breakfast is held and continues

Dilworth Center Milestones

Center's home for 14 years. January 1991 First employee, Christina Melber, is hired. She is still with Dilworth today, serving as March 1998 Manager of Administrative Operations. Dilworth Center becomes a non-profit treatment center. December 1999 1999 Charles Odell is hired as interim August 2000 Executive Director. He is still with the Dilworth Center Adolescent Program starts Center today, serving as CEO and under the supervision of Wallace Godfrey. President October 2001 September 2004 Dilworth Center begins their professionals Dilworth continues to expand services by and extended care programming - treating moving to a larger historic home at its current location 2240 Park Road, Charlotte, less than pilots, nurses, attorneys, physicians and dentists. a mile from the original site. May 2009 May 2015 The first annual Wallace Godfrey Courage to As the need for services grow, Dilworth Change Luncheon is held. This luncheon Center expands, doubling in size - adding a honors those who dedicate their careers to lecture hall, multiple offices and group rooms help patients and families struggling with to the facility. alcoholism and addiction.

July 1990

A growing census leads to a move to a

historic house further down on East Boulevard. This location will be Dilworth

November 2019

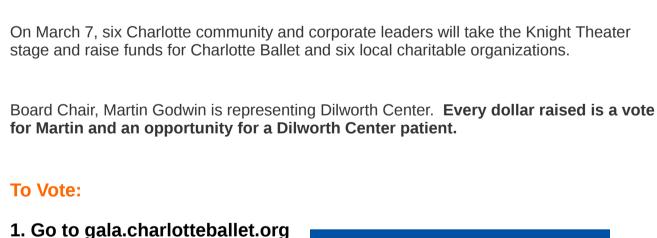
Adolescent Program.

Dilworth Center Adolescent Program is

dedicated in memory of Saxon Boswell and

will be forever known as The Saxon Boswell

May 2020 Together with the City of Charlotte and surrounding communities, we will celebrate 30 years of serving patients and families struggling with alcohol and drug addiction! As we celebrate our 30th year, we thank you for supporting us in helping thousands recover from the disease of addiction. **Dilworth Center Philanthropists** Everyday People. Extraordinary Gifts Meet Martin Godwin: Committed to the Mission



Martin Needs Your Help

2. Select Martin & Sarah

3. Enter your donation!

cause as well.

Martin has organized some

amazing raffle prizes for the

Every \$100 earns you one raffle ticket!

View Raffle Items

Vote Now

Raffle Items

On March 7, the People's Choice Award will be presented to the Star Pair with the most funds raised. Judges' Choice Award is presented to the Star Pair the judges determine had the best move

submit to Delta at cited/florem2pob.com.

PEDIATRIC DENTISTR

ARPITA PATEL DMD

Happy Valentine's Day

Tender loving care for

growing, blooming smiles!

ntistry. A Natural & thetic-Free Approach

gala.charlotteballet.org

\$35,108 MARTIN & SARAH

2020 represents Charlotte Ballet's eighth year of the Dancing making a difference with the Stars of Charlotte Gala, its signature fundraiser designed to raise awareness for both Charlotte Ballet and six nonprofits in the region. Last year was an incredible success, with Star Dancers raising a record-shattering \$1.5 million. Since 2013, 43 community leaders have participated in Dancing with the Stars of Charlotte Gala to raise over \$6 million. Visit gala.charlotteballet.org to support your favorite Star Pair and RAISING FEET AND FUNDS All ticket sales and donations received are split 50/50 betwee Charlotte Hallet and the Star Dancer's chosen charity. \$1-1 Vote! FOR CHARLOTTE

> On March 7, six Charlotte commu nity and corporate leaders will take the Knight Theater stage and raise funds for Charlotte Ballet and six local charitable organizations. We caught up with

Martin Godwin, Managing Director of Cameron Carmichael, who will be dancing with Charlotte Ballet's Saruh Lapoint to benefit Dilworth Center, a nonprofit organica-

tion that offers outpatient treatment services for alcoholism and

drug addiction. Dilworth Center is celebrating their 30th year of

"In my downtime, I am a guitarist and singer with the local cover band, The Bad Daddies, so Sarah and I have coined the phrase Elegance with Attitude for our dance," jokes Martin. "I have very

limited dance experience. My wife and I took shag lessons more than 20 years ago to prepare for a number of upcoming wed-

dings. Other than that, I prefer helping others dance by playing

When asked why he has tacked this hefty commitment onto his

already overflowing schedule, Martin explains, "I am comn to advancing the good work of Dilworth Center, supporting its mission to serve those afflicted with alcoholism and addiction, as well as the families who are affected by this illness. The work of

serving the Charlotte community.

music with my band."

as I am.

Featured in Myers Park Life Magazine

the Dilworth Center changes lives, and anything that I can do to raise awareness of its mission, or raise funds to help advance its mission, is an honor." February 2020 + Dilworth Life 33 **Read the Article Here! Grateful Hearts and Clear Perspective** A look inside Dilworth Center's Enhanced Family Program of helping (The following is an email excerpt from CEO and President, Charles Odell to the Dilworth Center treatment team – January 15, 2020)

"As I'm sure many of you may recall, Dilworth Center was awarded a grant last year from the ABC Board for our Family Program. The grant was for the enhancement of the program which, in my opinion, was already outstanding and perhaps the best in town. Today, I submitted a mid-term report of our progress to the ABC Board. I had asked our Family Program staff to compile the data ABC requested. A human interest testimonial was also requested. I was so impressed with the i nformation, that I couldn't help but share it with everyone. I hope you will take the time to review all this. I'm sure you will be as impressed

I'd like to thank our family counselors Diane Frederick, Laura Wesson and Jordan Tadlock, who do outstanding work day in and day out. Also, thanks go out to Laura and Jordan, who

78 psycho-educational lectures were offered to patients & family members.

Family groups increased from two times to three times per week.

There was an average attendance of 14 people per group.

145 family members participated in the family program.

95 individual/family meetings were held with counselors.

97% were encouraged to participate in the family program.

Total attendance of 960 people over the 71 groups.

71 groups specifically geared towards family members were offered.

Approximately 300 calls to family members resulted in over 100 hours of

98% were able to get in touch with a family counselor in a timely manner with

98% have a better understanding of alcoholism/addiction and its' characteristics

88% were informed of the opportunity to participate in individual sessions and

92% have more understanding and empathy for the challenges presented to

members based on strategies presented in the family group.

92% engaged less in uncomfortable or hostile communication patterns with family

worked on the report along with Jake Allen, Corinne Freer and Tammy Hanson."

Mid-Year ABC Grant Family Program Results

Lectures covered 24 different topics.

June - December 2019

client/counselor contact outside of family group. Anonymous Survey Results 97% were satisfied with their initial contact with staff at Dilworth Center.

because of participation in the family program.

98% found the information in the lectures useful.

family meetings with counselors.

people in early recovery.

Family group Participant #1

Family group Participant #2

more peaceful!

could, and participate in any way possible.

the family through the recovery process.

becomes an extended family and support system.

very thankful for Dilworth Center and their Family Program!

questions/concerns.

92% have a better understanding of denial, enabling, detachment and boundaries do to participation in the family program. While we as counselors could easily tell you numerous success stories within the families we are able to serve as a result of this grant, we believe their stories speak for themselves. We have asked two family group participants who have benefitted directly from this grant to share in their own words their experience with Dilworth Center's family program.

As a parent of a chemically dependent individual, words cannot even begin to express how beneficial the Family Program has been to my family. Not only is the addict attended to, so are the participating family members. The Dilworth Center has counselors assigned to guide

The weekly lectures provide a complete and updated understanding of the disease of

encouraging us to call whenever there are questions or concerns. The entire center

addiction. This understanding of addiction has assisted in my healing and in knowing how to best serve the addicts in my life. Each of the meetings includes a group component where the family members gather to further delve into the specific issues, concerns or progress that is occurring for our loved ones. Counselors call and check on the family members as well as

Meetings are scheduled to address any issues, concerns or the next stages of recovery. All of the counselors are excellently versed in how to approach stressful situations and calmly bring the entire group to agreement. The counselors provide additional resources for the family members and patients when a need arises. This includes specific Al-Anon meetings, suggesting attending AA meetings, different books, apps etc. to further help with our own recovery. I cannot stress enough how wonderful and beneficial the family program is for the entire family. This is truly what a positive and successful program encompasses. I am so

I will always be grateful for the family program at Dilworth and the ways in which it has helped our family. My spouse has been a patient at Dilworth Center and during this time we have both grown in incredible ways. Counselors began by welcoming me to my first family group meeting and asked if I would say a few words. I said I was thrilled to be there. Yes, thrilled! My spouse had finally asked for help. I was ready to be present, take in everything I

Having multiple group meetings to choose from was extremely helpful. I have learned so much from every parent, sibling and spouse who has attended family group. Listening to their stories and challenges helps me to reflect on my own hurdles and how I am handling them. Being able to talk and share my thoughts helped me to realize how far I had personally come

conversation with my spouse or family members, has helped to make our life at home much

I love how our meetings are so open, giving the opportunity to share to anyone facing a hard

in my own program. Learning appropriate responses and ways to manage a hard

Laura Wesson – Family Counselor

moment, and that often just kicks off the whole night's discussion. I never know what my takeaway will be when I arrive, but I always leave with a grateful heart, a clear perspective and a nugget of wisdom to carry me through the next few days. I wholeheartedly know that whenever a situation arises that I am unsure of I can reach out to the counselors for guidance. They are shining beacons of hope and clarity. Having the ability to have a meeting with the family counselors and my spouse's counselor gave us a chance to check in and uncover issues we didn't even know each other was facing. We have used that as a jumping off point to have additional conversations, and thus, been able to continue to break down those walls and barriers we had both put up over the years. Learning so much more about the disease that we are living with has replaced fear with knowledge, and with knowledge comes POWER!! Power to choose how I react, power to walk away from a situation that isn't good for me, power to show compassion to someone who is struggling and scared, power to set boundaries. This knowledge opened both of our eyes and we now see the disease for what it is. My spouse is a sweet, quiet, hardworking, kind person who had been swallowed up by an ugly disease. My spouse has clawed out of its grasp and every ounce of that knowledge helped! This is a family disease and Dilworth Center has helped our entire family stop its progression! I will always be eternally grateful to the men and women who work there. Each person at Dilworth has helped us feel welcome, assisted us in building a network of support, and been a part of guiding myself and my spouse on this difficult journey. Thank you, from the bottom of my heart!!

Stay tuned for a similar update on the ABC grant report

for the Outcomes Measurement Program

What's Your Dilworth Center Love Story?

and how we may have helped you or a family member!

Thank you for your friendship and for staying connected!

and to our community!

Around The Tow

important work in our community!

would love to!

Charles Odell Speaks at Local Churches

Please contact him at charles@dilworthcenter.org

Tal Fish and Heather Bland of Fellowship Hall led an awesome workshop on family attachment and

healthy connections for over one hundred

Our quarterly workshops have consistently increased in attendance and this one was no different, selling out just two weeks after the

Gifts to Honor and Remember

Employer Contribution Matching

Support Us While You Shop!

Center."

others.

Dilworth Center.

announcement. Be sure to reserve your seat early

addiction professionals.

for our workshop in May!

Dilworth Center's President and CEO, Charles Odell spoke recently at First Presbyterian and St John's Episcopal.

Interested in our CEO speaking at your place of business? He

Felowship Hall Packed the House for the Spring Workshop

2020 marks 30 years that Dilworth Center has been serving the Charlotte

community. As part of our 30th anniversary, we are collecting stories from our friends and those we serve! We invite you to share about your connection to us

We will be featuring story highlights anonymously on social media platforms and in other areas where marketing the stories is deemed appropriate. We invite you to help us celebrate our 30th year by sharing why we matter to you

Please send your stories to Cynthia Sims at cynthia@dilworthcenter.org.

7th Street Public Market Executive Director Meetup

One of Dilworth Center's collaborative partners hosted a get together of local Executive Directors at 7th Street Public Market to get to know each other and look forward to the year

ahead. It was a privilege to be in the same room with so many individuals doing such

There are many ways to give to Dilworth Center

Gifts made in memory of a family member or a loved one are a perfect way to pay tribute and honor their life. Gifts in honor of someone special are a meaningful way to commemorate the importance of an individual or group and how they have impacted your life and the lives of

Consider setting up a matching contribution through your employer when you donate to

Dilworth Center

amazonsmile

Dilworth Center

smile.amazon.com to log in. Select Dilworth Center as your charity of choice. AmazonSmile Foundation will donate .5% of your purchase to ARM (Alumni Recovery Meeting) is Now...

AmazonSmile is a simple and automatic way for you to support Dilworth

Center every time you shop, at no cost to you! First, go to

The mission of the Key Club is: "To support the successful, long-term recovery for patients and alumni of the Dilworth

Instagram

Key Club meetings are Twelve-Step oriented. Whether you are just beginning your journey or thriving in long-term recovery, we look forward to seeing you at an upcoming meeting. Tuesdays 8:00p.m.-9:00p.m. **Dilworth Center Auditorium** (Pizza on the first Tuesday of the month) **UNLOCK YOUR RECOVERY**

Please visit our website at www.dilworthcenter.org.

Donate to our cause at bit.ly/DonateToDilworth

👛 Like us on

Recovery doesn't stop once you leave us.

 Stories highlighting our alumni · Stories highlighting our donors · Special events highlighting our unique work

2020 is a celebratory number for Dilworth Center because it's our 30th anniversary! Founded in 1990, we dedicated ourselves to providing effective and affordable treatment services for When Jack Harville and Ed Hoffman founded Dilworth Center, they could not have imagined how many lives would be touched by their vision. Starting without a staff and renting office

individuals and families affected by alcoholism and drug addiction. Dilworth Center has been the key to recovery for those living in Charlotte and the

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