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Save the Date May 5th, 2020 | Celebrate DC Giving Day \ #GivingTuesdayNow Tuesdays | Virtual Alumni Meeting

Catch up on past newsletters!

Rescheduled

Spring 2021 | Myers Park High School - An Evening with Chris Herren

of unlocking recovery... A Letter From Our COO By Tammy Hanson, Chief Operating Officer As I enter my 20th year of employment at Dilworth Center, I can honestly say this year is shaping up to be my most interesting, challenging, and dynamic year yet. In light of

impending Covid-19 regulations, our staff made the decision to begin virtual treatment, on March 17th. Within 48 hours, our team was working completely from home – completing assessments, running groups, lectures, family sessions, and individual sessions. This was not an easy undertaking; however, with the exception of a few technological glitches, our staff

### made it appear as if we had been conducting treatment via tele-health forever. I am still in awe of our team's ability to adapt and quickly rise to the occasion. This ordeal has brought out the best in our organization, and we have had many positive experiences, as a result of these extraordinary times.

From the beginning of this crisis, I have chosen to trust in something bigger than myself. remain positive and steadfast for my team, and to remain in gratitude for the blessings I experience daily. I have used this time for reflection and have developed a renewed gratitude for my job, my Dilworth family, my husband, my children, my health and our overall resilience. I encourage each of you to take a moment and find at least one thing to be grateful for today, because although things are not the way we would ideally want them to be, the fact is that we have so much for which to be thankful. After more than a month of "sheltering in place," and conducting treatment from our homes, we are beginning to hear this plan may be working and the "curve is flattening," which causes me to continue my optimism and look forward to the future. At the Center, we are certainly

those who find themselves seeking recovery. As we look to the future and make decisions regarding reopening, please know that we are committed to supporting our governor's direction and local officials, and to the health and safety of our staff and patients. When we do reopen, our goal will be to offer as many options possible for those in need of our services. As we continue to adapt to this new way of life, I want to assure you that Dilworth Center will continue to be the KEY to recovery in Charlotte and the surrounding communities. It is my hope that you will continue to take care of yourselves and each other, and know that the team at Dilworth Center is grateful for each and every one of you.

In gratitude, Tammy Hanson

**Tammy Hanson** 

Chief Operating Officer

**Dilworth Center Goes Virtual** Dilworth Center is now offering all treatment programs virtually

Dilworth Center

hello to them all for me. I realize I will never be "cured" from my alcoholic mindset, but I live each day joyful, happy and free of the destructive thoughts and habits which had a stronghold on me until I entered treatment. I remind myself on a regular basis that I don't have the luxury to sit in my emotions. It will be a forever reminder to me, because life doesn't go perfectly, and I do not have the power of controlling every event or action I encounter. Anger is a dubious luxury and one which I cannot afford. And life is so much more freeing when I accept that. Resentments can't build without anger, and we know the number one cause of relapse is a festering resentment. I

**Self Care During Stressful Times** By Kelly Little, Clinical Supervisor For many of us, the past month has been a whirlwind of adjusting to a new normal. Whether you have suddenly acquired a new title of "homeschool teacher," have transitioned your job to a virtual platform, or are learning how to prioritize your recovery without being able to meet in person with your sponsor or attend your typical AA meetings, we are all in a period of relearning. As you continue to adjust and become more accustomed with the "unknown," consider some of these self-care tips (derived from our HALT lecture). 1. Stay in touch with your feelings. Whether you process feelings through talking to

that underlying fear, so that we can also heal the anger.

routine, and stay hydrated.

way of reframing your perspective on the day. yourself to make more phone calls daily to peers in the program - check in on your

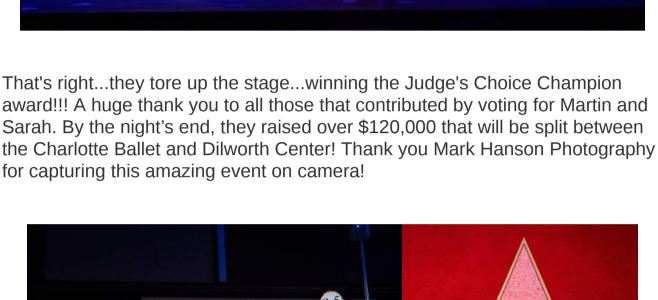
**View COVID-19 Recovery Resources** 

Dilworth Center remains committed to supporting families with alcoholism and addiction during this unprecedented time. For more

Pandemic, please visit our website by clicking the button below.

**Dancing with the Stars Success** 

for capturing this amazing event on camera!

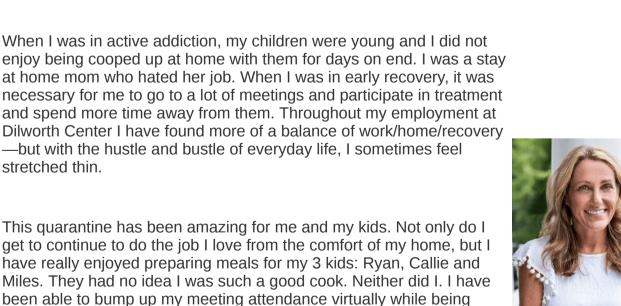


**Sheltering at Home, Silver Linings** Dilworth Center Intake Team reflects on what they've learned through "sheltering in place." **Dakieta Staton** Our current situation can make us want to complain and be ungrateful for our many blessings. When we have a plan that is interrupted by a

Thanks to Board Member Martin Godwin for his outstanding leadership and

volunteerism, and for bringing home the People's Choice award!

Power much greater than ourselves it can be hard to adjust. However, there is always a silver lining amidst a storm. My silver lining in working



**Amy Catchpole** 

Lining.

By Charles Odell, CEO

Dilworth Center.

profit organizations.

Directors.

the darkness."

community.

2019 Gratitude Report

overflowing with promise and opportunity.

**Your Generosity in Action** 

Cynthia Sims, JD, CFRE **Director of Development and Marketing Transparency Makes a Difference** 

"At Dilworth, we begin our work each day with our

hearts." Says Cynthia, 'Most of us who work here are in recovery – we've been in that dark place and experienced the fear, dread and self-hatred that goes hand in hand with addiction. We've reached the sunlight and are driven by that experience to turn around and help those still living in

**Coming Soon!** | Celebrate #GivingTuesdayNow

Share why you give #dogivingtuesdaynov

May 5, 2020

Dilwort How to Donate Dilworthcenter.org/donate

This May officially marks 30 years that Dilworth Center has been in the business of

entire world as we stand together against COVID-19. "DC Giving Day" is a one-day

Our Christina Browning Scholarship Fund provides financial assistance to those who

otherwise would be unable to afford treatment. In light of COVID-19, many find themselves wondering if they can even afford treatment as their financial resources have been stretched

Now, more than ever, we are called upon to make a difference. Please consider investing in Dilworth Center on May 5<sup>th</sup> and help us celebrate 30 years of serving Charlotte by giving

On May 5<sup>th</sup>, 'DC Giving Day' will coincide with #**GivingTuesdayNow**, a day of unity for the

celebratory fundraising event with the goal of encouraging our friends, supporters and alumni

#GI₩INGTUESDAY**NOW** 

transforming lives and strengthening our community.

to pay it forward with a gift to our scholarship fund!

thin.

Please know Dilworth Center is here for you. And thanks for being here for us. Especially in this time of uncertainty, we appreciate your support. Thank you, today and every day because your help makes our mission possible. With your help we can continue to:

to help Dilworth Center during this unprecedented time.

Unlock HEALING.

Unlock THE CHAINS OF ADDICTION.

**UNLOCK RECOVERY** 

looking at new and innovative ways to ensure our patients continue to have exceptional treatment experiences, and how Dilworth Center can best support those in recovery and

## Addiction is a disease of isolation. Virtual treatment is a lifeline that allows our recovery community to remain strong and provide essential resources to those currently in recovery and those seeking treatment. We continue to assess and admit patients, as well as connect them with counselors in real-time, via personal computers and mobile devices. Dilworth Center is in network with most insurance companies, and telehealth services are being fully covered by insurers.

A Dilworth Center Alumnus shares her story

drinking.

chose my mantra to be ABIDE - I abide with my Higher Power in the present. Today. Looking at yesterday doesn't help me, because yesterday has already happened. Fretting and concerning myself with tomorrow is futile, because I have no control over what will come to pass. Excepting life on life's terms is a daily challenge. But I have a new lease on life which is supported by and through my sober communities. Angela B.

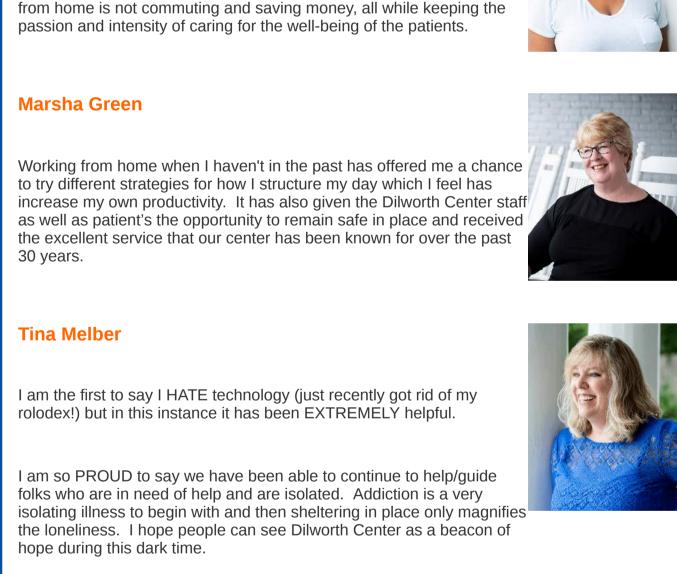
5. **Stay connected.**We are all susceptible to feeling isolated and lonely during this time. Therefore, it is important for us to take action in order to counteract these relapse traps. The COVID-19 pandemic gives us the opportunity to connect in a new way. Challenge friends and family and ask how they are doing. Schedule zoom calls with your sponsorship family. And, of course, participate in virtual 12-step meetings regularly.

4. **Focus on gratitude.** During this time, it can be easy to dwell on the fears, the "what ifs," and the frustrations. Completing a daily gratitude list or meditation can be a helpful

3. **Remain intentional with diet and exercise.** This doesn't mean that you can't brush up on your baking skills if you have some extra free time! But also, challenge yourself to get out and walk at least once a day, incorporate three meal times into your daily

Dilworth Center's board chair Martin Godwin and his dance partner Sarah LaPointe who competed at this year's Dancing With The Stars of Charlotte Gala on March 7th.

MARTIN GODWIN



# I hope you all will join me in thanking Tim for his nine years of tireless service to Dilworth Center's mission. **Congratulations to our new CFRE!** This past April, Dilworth Center's Director of Development & Marketing earned her CFRE!

Individuals granted the Certified Fundraising Executive (CFRE) credential have met a series of standards set by CFRE International which include tenure in the profession, education, and demonstrated fundraising achievement for not-for-

They have also passed a rigorous written examination testing the knowledge, skills, and abilities required of a fundraising executive, and have agreed to uphold Accountability Standards and the Donor Bill of Rights. Ms. Sims has been with Dilworth Center for over 3 years after first serving on its Board of

providing leadership that was crucial to the success of the campaign.

I would like to thank Tim for his nine years of dedicated service to Dilworth Center. His work helped define who we are and how we are able to help those in need. There are a lot of worthwhile charities in Charlotte. His time, talent and treasure could have been well spent in any number of other organizations. I am honored that he chose

This Spring, Dilworth Center earned the GuideStar Gold Star of Transparency. This recognition shows our commitment to transparency for our investors. Dilworth Center is

You help us turn lives around.

Thank you for your commitment to Dilworth Center's mission!

2019

**GRATITUDE** 

**REPORT** 

Dilworth Con

View 2019 Gratitude Report

We are thrilled to share with you the impact your continued generosity is having on the patients and families we serve across the

**Giving in the Time of COVID-19** For the first time in 30 years, Dilworth Center's doors are closed - but our work goes on! The addiction epidemic hasn't stopped in the midst of the COVID-19 pandemic – in fact, statistics are showing an alarming increase in drinking and relapse during this time of isolation and social distancing. In the midst of this crisis, Dilworth Center is more committed than ever to our mission to help those struggling break the chains of addiction.

Unlock HOPE. Unlock HEALTH.

Center." upcoming meeting.

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 Tuesdays 8:00p.m.-9:00p.m. for Zoom ID

**CARES Tax Benefits Give Generously Alumni Recovery Meetings are now Virtual** Recovery doesn't stop once you leave us. The mission of the Key Club is: "To support the successful, long-term recovery for patients and alumni of the Dilworth

Email: cynthia@dilworthcenter.org **UNLOCK YOUR RECOVERY** 

Please visit our website at www.dilworthcenter.org. Donate to our cause at bit.ly/DonateToDilworth

We are grateful for the kind words and support we have received from so many of you. Thanks also to those of you who have inquired about how to make a tax-deductible donation

**Alumni Gratitude During a Pandemic** I was a patient at Dilworth almost 2 years ago – May, 2018- December, 2018 when I completed the Relapse Prevention program with David and Marsha. With all glory to God, my sober communities, the counselors and friends with whom I began my journey at DC – I will celebrate 2 years very soon. I am grateful. When I stepped through the beautiful doors of the Dilworth home for my assessment. I was tired and angry at so many things. Mostly at myself for having let myself and family down so badly. I denied I had an issue for several vears. and it honestly took awhile for me to see that I actually did have a problem with Once I became Honest, Open, and Willing, (all 3 which I struggled to do for months), and once I stopped looking at the differences amongst fellow alcoholics and decided to see the similarities, my healing and recovery began to happen. I am grateful the obsession has left me, but I work to keep many things in my life in check. I am different than a lot of people in AA, but I also share many of the same struggles and battle many of the same thoughts,

feelings, and mindsets. I am most grateful for the wonderful people like Abier, David, Gayle, and Marsha – and sweet Amy who always had a smile when she greeted me. Please say

**Telehealth Services** 

others, praying, journaling, meditating, or any other coping tools, take time each day and acknowledge your feelings. If you are finding yourself easy to anger, remember that anger is a secondary emotion and it often covers up more vulnerable emotions including fear, guilt, or shame. COVID-19 and the accompanying changes have generated significant fear in our society, and it is important to acknowledge and accept 2. **Maintain a routine.** Whether this routine looks identical to your typical routine, or whether it is slightly altered, wake up and go to bed at a reasonable time and maintain to-do lists in order to keep your days somewhat structured. If you find yourself with extra time, attend more AA meetings or call more peers in the program.

information and resources regarding self-care during the COVID-19

The Charlotte Ballet 2020 Gala was a huge success! We are so grateful to



