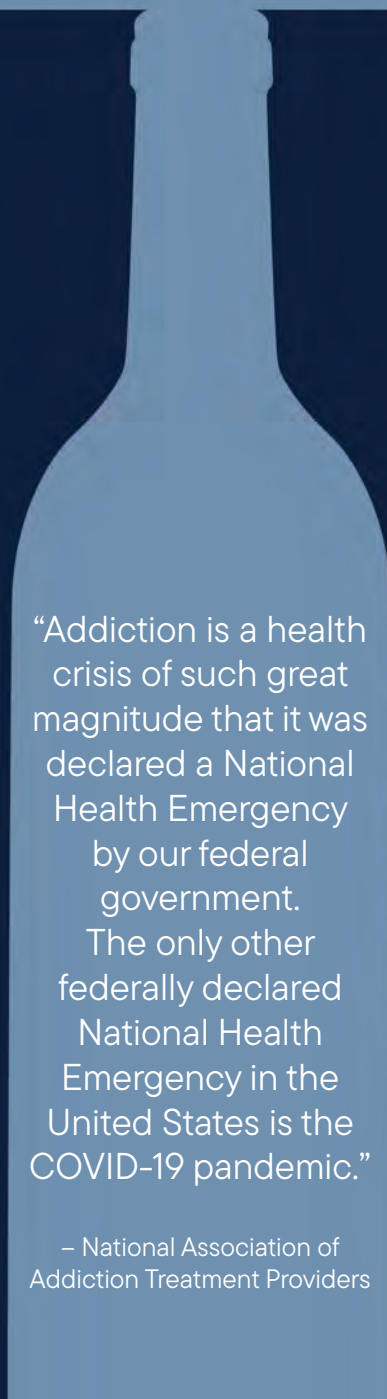


# 2023 Gratitude Report



**“A very little key will open a very heavy door.”**

**-Charles Dickens**



“Addiction is a health crisis of such great magnitude that it was declared a National Health Emergency by our federal government. The only other federally declared National Health Emergency in the United States is the COVID-19 pandemic.”

– National Association of Addiction Treatment Providers

# THE UGLY NUMBERS

Addiction is a deadly disease **affecting 46 million Americans**. Also called substance use disorder (SUD), addiction is a chronic disease, centered in the brain, comprised of biological, psychological, and social elements that affect every element of life: body, mind, and spirit. Addiction affects us all. **It spares no demographic, no segment of society**; it disregards economic, racial, religious, political, social, gender, and geographic distinctions.

The Alcohol-Related Disease Impact application estimates that each year there are **more than 178,000 deaths attributable to excessive alcohol use**. **Drug overdose deaths alone rose to over 108,000 in the past year**. Addiction not only harms the individual, it also destroys family units, friendships, and employment relationships. Its destructive force tears at the fabric of our society, at **an economic cost that exceeds \$700 billion annually**.

**Dilworth Center, with your incredible support, is meeting addiction head on, and is transforming lives in the Charlotte region.**



Over 46 million  
Americans have a  
SUD



90% do not receive  
the care they need



488 people die  
every day due to  
alcohol



A drug overdose  
death occurs every  
5 minutes

# Great things are happening at Dilworth Center



Thank you so very much for generously investing in those who come to us wanting to unlock the door to a new life. Your gifts provide the key to making their transition possible.

We are pleased to share our 2023 Gratitude Report showcasing the impact of your support. Every number, statistic and metric we share with you about our work represents real people, with real hopes and dreams, whose lives have been restored, with your help.

In these pages, you'll meet alumni, family and friends of Dilworth Center whose stories illustrate the power of recovery and the opportunities your gifts make possible. Their stories

highlight the impact you have on Dilworth Center's mission and the betterment of the Charlotte community as a whole. With the support of donors and advocates, devoted alumni who stand ready to help, and our outstanding board and staff, the possibilities for our patients and our community are endless.

As you look through these pages, please know that YOU are a KEY part of recovery in our community.

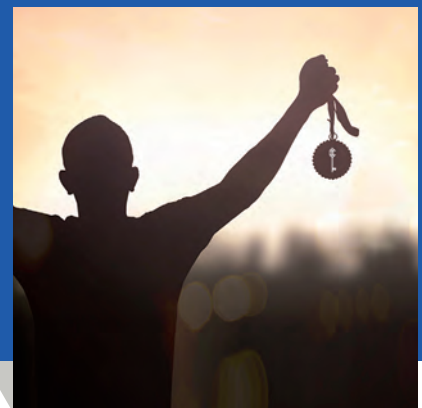
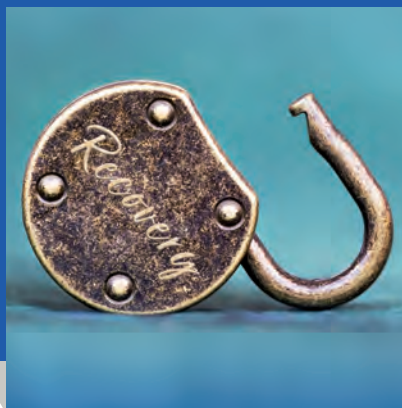
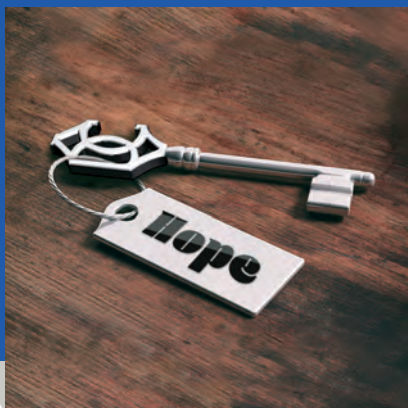
With Gratitude,

A handwritten signature in cursive script that reads "Charles Odell".

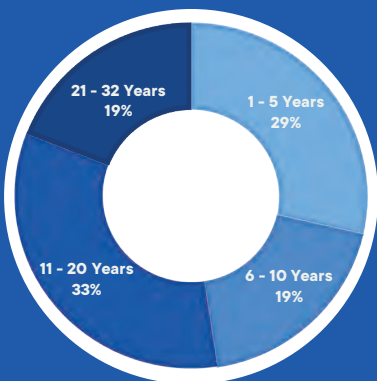
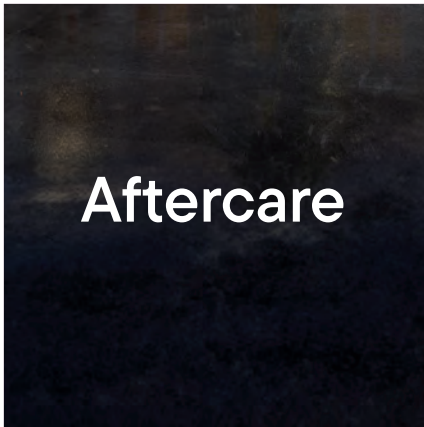
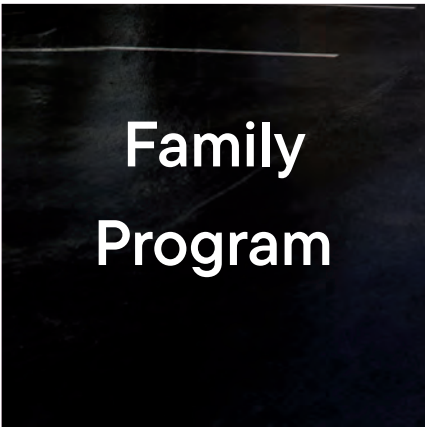
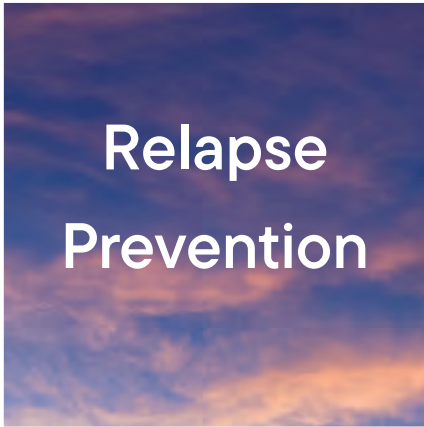
Charles Odell,

President and CEO

## YOUR SUPPORT IS KEY



# KEY SERVICES



## Dilworth Center Employees

27 total full-time and part-time employees

*Over 50% have been with Dilworth Center over 10 years.*

*19% have been with Dilworth Center 21+ years.*

# Story of Hope

Meet the Holton family, participants in Dilworth Center's Young Adult, Relapse Prevention and Family Treatment Programs

**Harrison, you were a patient in Dilworth Center's Young Adult Program. What was going on in your life that led you to seek treatment at Dilworth Center?**

The day before I entered treatment, in 2021, I had a near death experience. 911 was called after I overdosed. I told my parents "I do not want to die! I'm ready for help!" I was having constant blackouts and life consequences from my drug and alcohol abuse. I was experiencing great shame and turmoil in all of my relationships. My physical health was concerning with constant GI problems, huge weight fluctuations and always feeling sick. I was having severe mood swings and feeling paranoid all the time. I was borderline suicidal. I had a great job but could not keep up with my bills because all of my money was going to drugs and alcohol. I was using and manipulating my mother as my "bank".

**What was treatment like? What important tools did you learn?**

Treatment was a happy, safe and educational space that provided structure, knowledge and healthy relationships so I could transition into sobriety. I gained lifelong friends who understand the disease of alcoholism and still offer me support today. Tools learned included effective communication, boundary setting, honesty, authenticity,

independence, self-control and dignity for myself and others.

**Looking back since you 'graduated' what does Dilworth Center mean to you?**

"Home", safety, acceptance.....the place where I was given space to "breathe", learn and grow into my best self. Dilworth Center started a very important journey that continues today, one day at a time. The counselors there will always be very special people as my time with them truly saved my life.

**What would you tell someone considering getting help for addiction?**

If you are in Charlotte, Dilworth Center is the best place to be! They will help you get involved with AA meetings where you can focus on the similarities you see and hear. Listen carefully and find a meeting that you can relate to. You are a product of your environment so it is important to surround yourself with others who are trying to be sober.

**What does recovery mean to you?**

My recovery means everything to me and would not have been possible if not for the time at Dilworth Center and my parents' support. Treatment here literally saved my life! My parents were very active in Dilworth Center's Family Program which was monumentally important to my sobriety. It was crucial for them to understand the nature

of this disease and how to communicate and interact with me effectively. My parents would say they learned how to care for themselves while I learned to take care of myself. My relationship with my parents prior to treatment at Dilworth Center was non-existent. Now I actually like them! Thank you all for your support of my two-plus years of sobriety!

**Mr. and Mrs. Holton, can you describe your experience as parents of someone in treatment?**

There is no known earthly value we can place on Harrison's recovery! Before involving ourselves in Dilworth Center's family program we thought we had lost our son forever. It was devastatingly painful to watch all the potential he was wasting – and possibly his LIFE!

We never dreamed we would have the amazing relationship we have with Harrison today! None of this would have been possible without the presence of God and the treatment he received at Dilworth Center! Thank you for all you did for us and what you continue to do in the Charlotte community.



“ Dilworth Center started a very important journey that continues today, one day at a time.

Dilworth  
Center Patients  
Have Access to  
Online and  
In-Person  
Alumni  
Meetings,  
Special Events,  
and Group  
Trips





# How We Do It

## Our Core Programs Consist of:

### IOP - Level One

Intensive Outpatient - Level I treatment sessions have two primary components: educational lectures and group therapy sessions. This process both instructs and involves the patient in the recovery process.



### OP - Level Two

Outpatient - Level II treatment sessions provide an opportunity for patients to capitalize on the gains made during Level I, continue to work on issues derived from their treatment plans, and learn relapse prevention strategies.



### Relapse Prevention

Dilworth Center's Relapse Prevention Program utilizes Terence Gorski's Relapse Prevention Therapy Workbook to help identify triggers, high-risk situations, and other issues that can disrupt recovery.



### Family Program

The Dilworth Center's family program provides critical support for families navigating a loved one's addiction, focusing on understanding the disease, and how to effectively support robust long term recovery.





Martin Godwin  
Chairperson



Charles Odell - President



Reggie Willis - Secretary



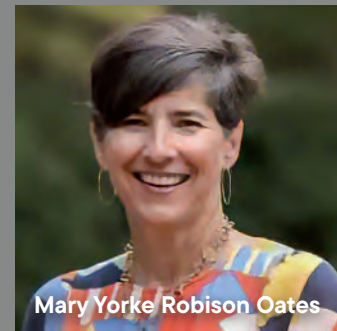
Peter Browning - Treasurer



Brian Bridgford



Chris Elliott



Mary Yorke Robison Oates



Fred Oates



Zygmunt "Zyg" Jablonski



Steven DeGeorge

## Meet the 'Keys' to Effective Governance at Dilworth Center

# Our Board

*“Addiction has affected me personally. Twelve years ago, I found myself at the doors of Dilworth Center. Through the guidance, support and expertise of their staff, I received the miracle of recovery. I live a life better than any I had known before, and far superior than any I could have imagined.”*

**-Martin Godwin, Board Chair**

This leadership team understands the destructive force of addiction and is committed to Dilworth Center’s mission.

Dilworth Center’s board of directors is made up of key members of the community who provide the expertise to take Dilworth Center to levels that allow it to grow and thrive.

Their wide and varied experience and stalwart leadership, reflected in their diverse professional and community service backgrounds, serve as an effective guide to Dilworth Center.

# An Opportunity To Help

## David Stone & Kathryn Matlack Stress the Importance of Giving Back

### How did you first hear about Dilworth Center Kathryn?

I met David in 2020 in Sedona Arizona. We found a common bond discussing recovery and helping people get sober. I had started two sober homes in Maine and had done some mentoring in the local re-entry center. David told me about this incredible place that he had worked called Dilworth Center and how it was the such an ethical, well run organization.

### What made you decide to give your first gift?

David's enthusiasm for Dilworth Center is what made me decide to give our first gift. He just kept telling me amazing stories of recovery and how many people the Center has helped. I wanted to meet the people running the Center. We finally made it to the 2023 Christina Browning Fundraising Breakfast. I was so excited to meet everyone and hear the amazing speakers. Later that year, we attended the holiday party at the Center where David was the speaker. It was incredible to see him back in the place he loved and telling his story of recovery. I was so proud! David and I's relationship would not be what it is today if it weren't for his 21 years of sobriety. A big part of his journey was working at Dilworth Center. He is the man he is today because of mentors like Charles Odell, Tammy Hanson and the entire Dilworth Center team.

### Why do you enjoy giving to Dilworth Center?

I know through David what an incredible place Dilworth Center is. They have obviously cracked the code on getting people the help they need so they can achieve robust recovery.

### What do you hope to accomplish through your philanthropy?

We want to provide ongoing support to help those that are seeking help but cannot afford the full cost of Dilworth Center's services. We also have committed to support the Charles Odell Endowment Fund. It is important to make sure that Dilworth Center remains viable for the future. Charlotte and the surrounding communities will always benefit greatly from having the Center in its city.

### If you were speaking to someone about giving to Dilworth Center, what would you tell them?

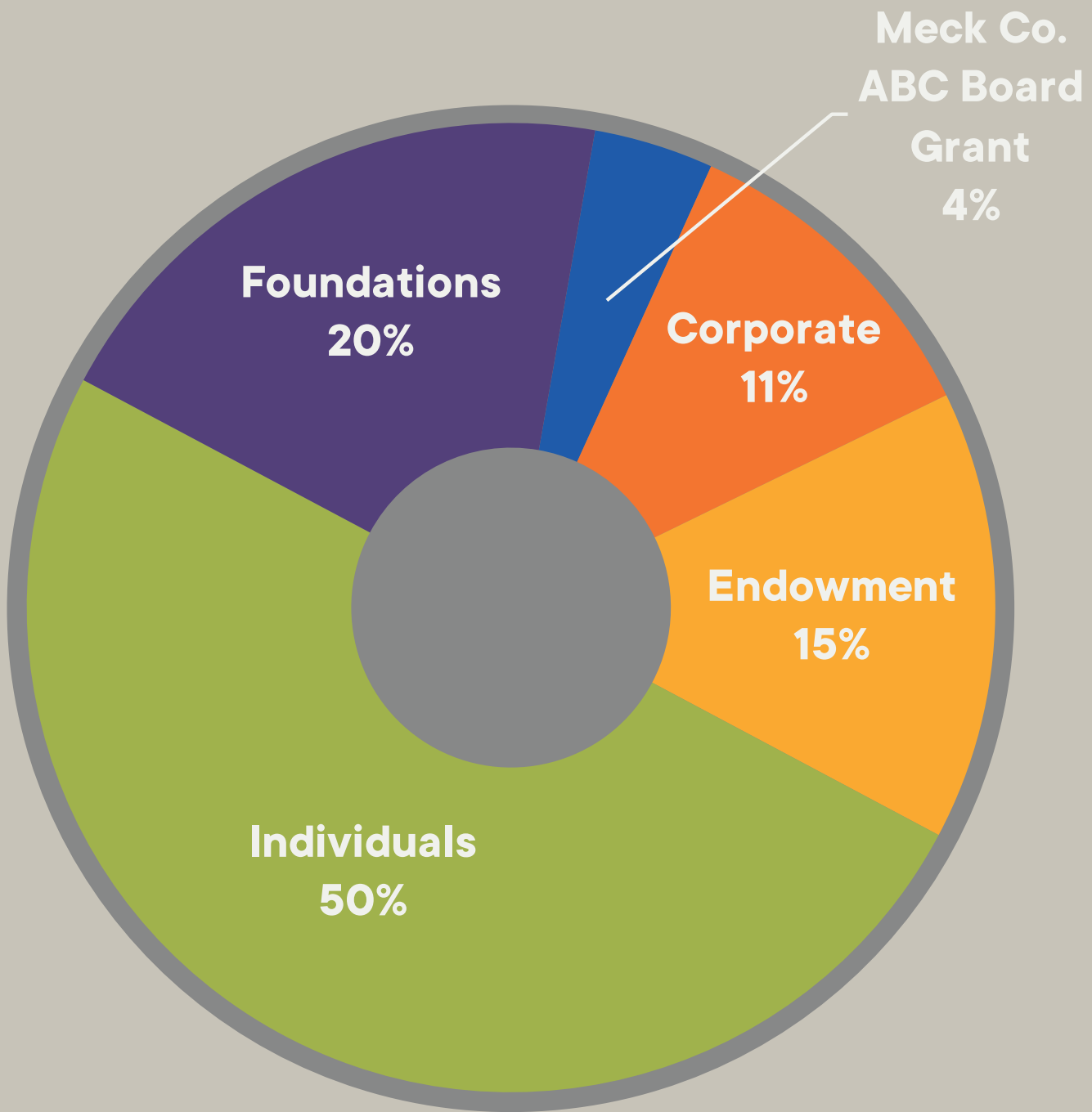
I would tell them first hand of David's experience working there. I would tell them that because it is an Intensive Outpatient program, people are able to carry on with their lives and get support for their new sober foundation at the same time. This is a critical model and how important it is for this type of model to be available.

I also know how supportive Dilworth Center is for the families as they transition into recovery along with their loved ones.

### What do you wish everyone knew about this cause?

I would want them to know that there absolutely is hope. With a well-run, ethical, and proven track record, I believe Dilworth Center's professional team has all of the pieces in place to help people suffering from a deadly disease. You really can't ask for much more than that. As I wrote this David just told me that they just got their 3rd consecutive perfect CARF survey score!!!





# Financial Impact At A Glance

At Dilworth Center, we strive to wisely steward every dollar donated to us so we can have the greatest impact with the resources available to us.

Dilworth Center is endorsed by:



Candid gets you the information you need to do good. We envision a social sector capable of tackling the critical challenges and opportunities of our time.

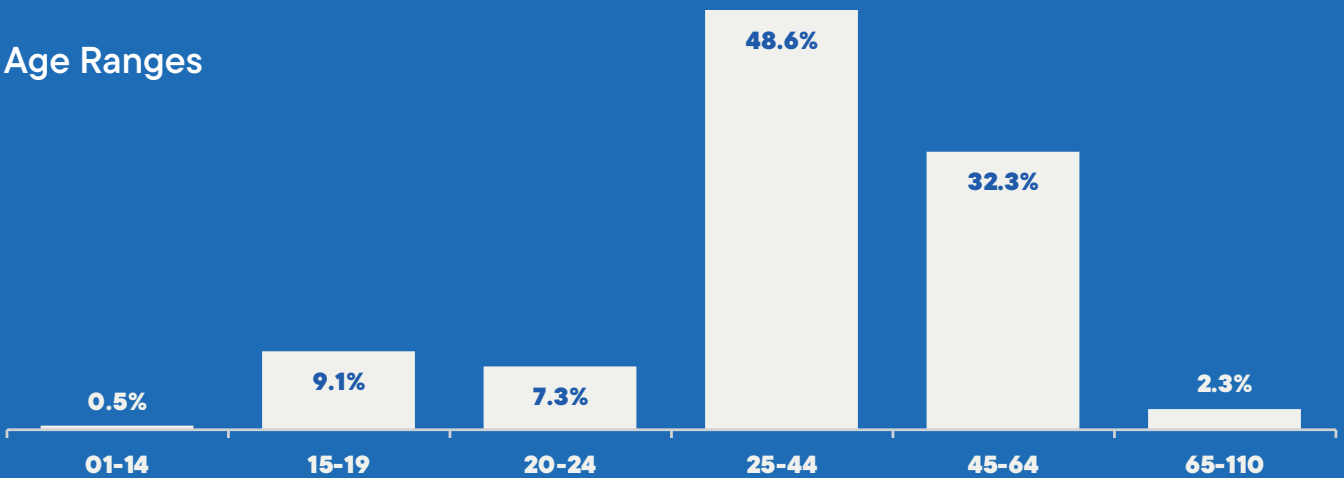


Charity Navigator's mission is to make impactful giving easier for all. The metrics inform donors of not just where their dollars are going but what their dollars are doing. Like the organizations we rate, we're a 501(c)(3) nonprofit, too. We don't charge the charities we evaluate, ensuring our ratings remain objective.

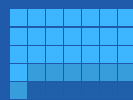
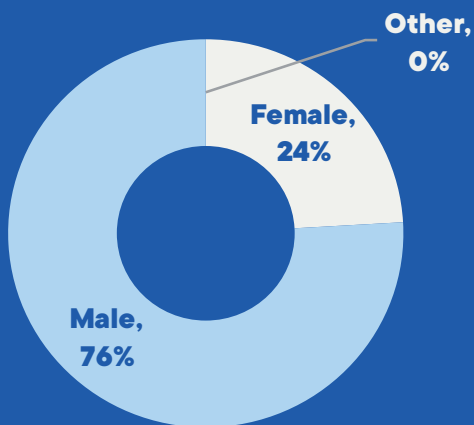
# Patient Outcomes & Key Findings 2023



Age Ranges



Sex Assigned at Birth



**195** Family Members Served



**266** Patient Assessments



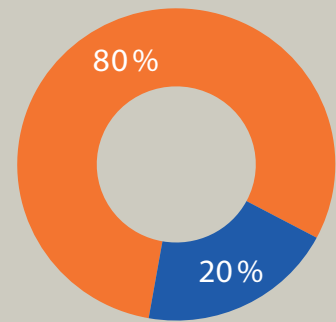
**707** Calls for Help



# One year after completing treatment, 80% of our patients are still reporting sobriety.

FoRSE Outcomes Survey 01.2022-04.2024

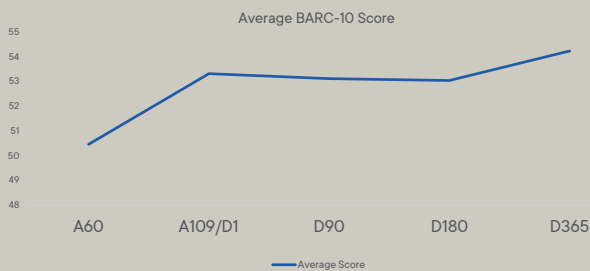
Have you experienced a relapse since discharging from Dilworth Center treatment?



■ Continued Sobriety

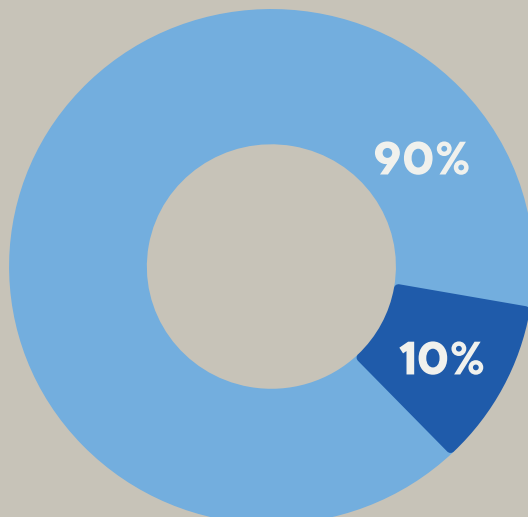
## 195 Patients who utilized relapse prevention services

## 1465 served across all service lines in 2023



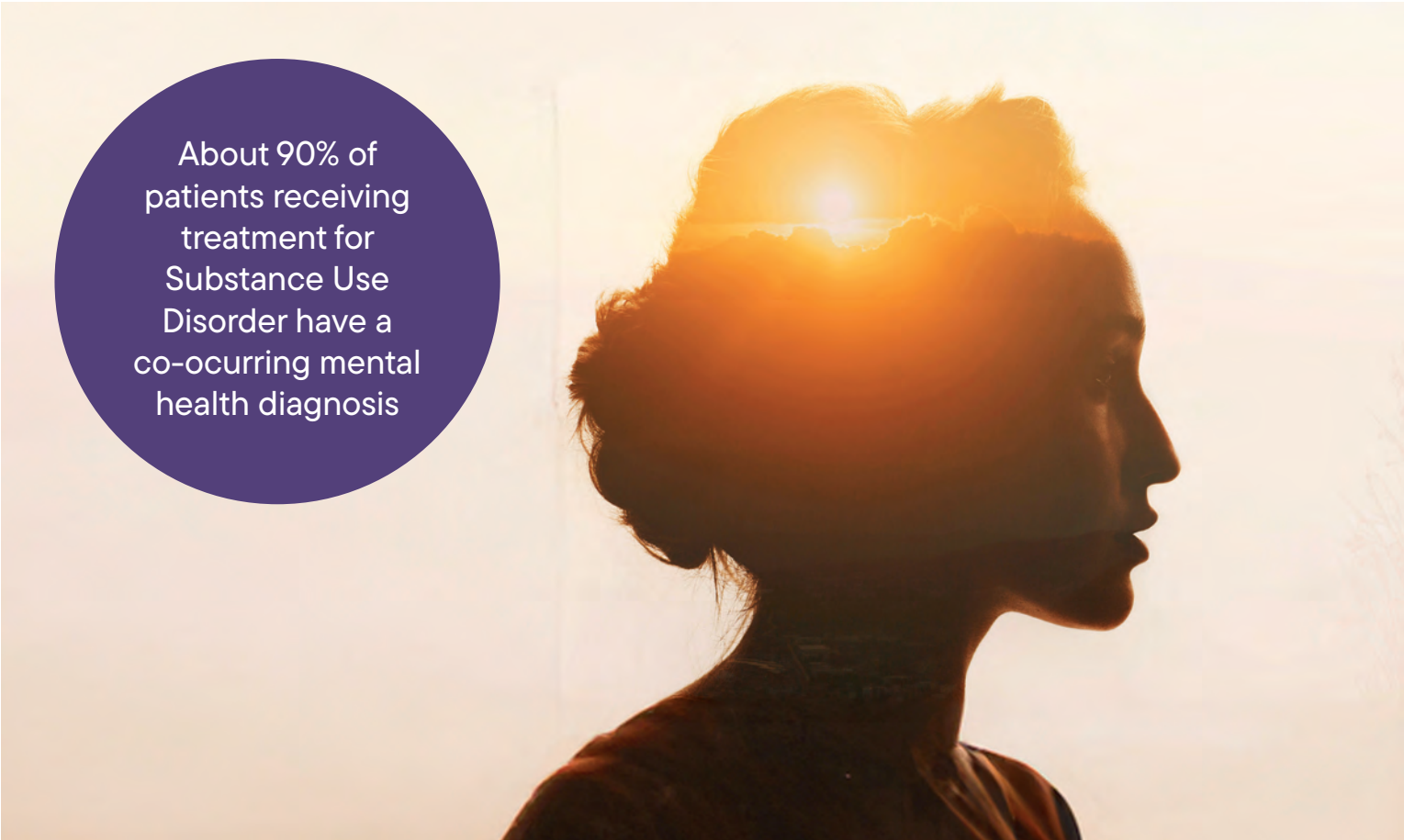
The BARC-10 survey shows amazing growth from mid-treatment (A60) to one year (D365) following Dilworth Center treatment completion

## 90% Co-Occurring Mental Health Diagnoses Reported



■ One or More

■ None



About 90% of patients receiving treatment for Substance Use Disorder have a co-occurring mental health diagnosis

# MENTAL HEALTH MATTERS

At Dilworth Center, we understand that addiction is often accompanied by mental health issues, which can complicate the recovery process. That's why we are committed to providing holistic and comprehensive treatment that addresses both addiction and co-occurring mental health conditions.

We believe that treating mental health conditions alongside addiction is crucial for long-term recovery and overall well-being. By addressing addiction and co-occurring mental health simultaneously, our treatment approach allows for a more complete and effective recovery journey. With over 250 years of combined experience in the field, our experienced team of professionals includes:

- An industry recognized addiction psychiatrist known for his ability to treat complicated addiction and mental health disorders
- licensed mental health counselors
- licensed clinical social workers
- licensed clinical addiction specialists
- master addiction counselors
- certified clinical supervisors
- certified alcohol and drug counselors

# Dilworth Center is committed to providing holistic & comprehensive treatment that addresses both addiction & co-occurring mental health conditions

Treating mental health conditions alongside addiction is important for several reasons:

1

## **Enhanced Recovery**

By addressing the root causes of addiction and mental health issues simultaneously, we provide a greater chance of long-term, robust recovery.

2

## **Improved Well-Being**

Properly managing mental health conditions facilitates, improves, and increases emotional stability, coping skills, and overall well-being.

3

## **Integrated Care**

We take an integrated approach to treatment. Our team collaborates closely to ensure that addiction and mental health treatment plans are aligned and complementary.

4

## **Relapse Vulnerability**

Mental health conditions can significantly impact an individual's vulnerability to relapse.

5

## **Overall Quality of Life**

Treating mental health conditions concurrently with addiction leads to an improved quality of life.

Learn more at: [dilworthcenter.org/mental-health](https://dilworthcenter.org/mental-health)

# Adolescent Addictive Behaviors - Wisdom for the Journey

Kelly Little MSW, LCAS, CCS

Clinical Supervisor at Dilworth Center

**Dilworth Center participated in over 14 educational events in 2023 reaching over 600 people.**

# Overcoming the Stigma of Addiction: Education and Awareness

**“Understanding that alcoholism is a disease and not something I needed to be ashamed of was vital to my recovery.” -Alumnus, Ross Hobson**

Lack of knowledge surrounding the disease of addiction is a significant barrier to treatment.

To combat this, Dilworth Center connected with numerous businesses and faith organizations in 2023 offering virtual and in person, free, educational workshops on a variety of timely topics surrounding addiction.

Education and awareness can be beneficial in dispelling the stigma of addiction and demonstrating that addiction is not a moral shortcoming or personality defect but rather a

medical condition that merits compassion, support, and entrance to treatment.

By collaborating with our community partners, we hope to have a true impact on how addiction is viewed and how those struggling can get the help they require.

Dilworth Center hosted numerous on site and virtual trainings throughout 2023, focusing on topics such as “Intersection of Mental Health, Co-occurring & SUD’s”, “Working with Grieving Clients in Early Recovery”, “Ethically Addressing Spirituality in

Clinical Counseling”, “Creative Approaches to Treatment”, and “Treatment of SUDs & Recovery for Women & Their Families: Barriers and Solutions.” These trainings were attended by substance use treatment professionals, mental health clinicians, employee assistance professionals, school counselors, social workers, clergy and psychologists.

## Dilworth Center’s counselors Lindsay Boyd and Kaylee Bodner speak to Myers Park High School students and parents



The presentation surrounded basic education around the disease of addiction, educating the youth on what it looks like and ways in which addiction manifests. We also provided open discussion for the students to ask us questions and educate them on community resources working towards breaking the stigma around mental health and addiction overall.

## 2023 Community Partners

- Charlotte Christian
- Christ Church
- First Presbyterian Church
- Healthy Charlotte Alliance
- Holy Comforter
- Myers Park Presbyterian Boy Scout Troop
- Myers Park High School
- Southminster
- St. John’s Church



# 7th Annual Christina Browning Scholarship

## Dilworth Center Hosts 7th Annual Christina Browning 'Key to Recovery' Scholarship Fundraiser

On September 8th, 2023, over 300 community members convened to support Dilworth Center's only major fundraiser.

The event helps those who want and need our services but cannot otherwise afford the cost of treatment.

As financial limitations are the largest barrier to treatment, Dilworth Center is committed to ensuring every person who comes to our door seeking treatment will receive it.

Last year's event raised a record breaking \$561,000!

**\$561K**

Amount raised at last year's scholarship breakfast



**\$2 Million**

Total amount of scholarship dollars awarded, since 2017



## Unlocking Key to Recovery Breakfast



Attendees Patrick Balsley, Brooks Lucas, and board member Mary Yorke Oates



Dilworth Center's only major fundraiser is held at Quail Hollow Club each year



Dilworth Center counselors Abier Thornton and Todd McLean

**Dilworth Center relies on the generosity of our community to help sustain our mission to provide effective and affordable treatment services for individuals and families affected by alcohol & drug addiction.**



Attendees Bessie Tate, and Board member Peter Browning with wife Kathy

# Data Driven



## Meet Peter Hirsch, Dilworth Center's Research Coordinator

Dilworth Center is proud to be a recognized leader for outpatient addiction treatment data. Driving this data initiative is Dilworth Center's Research Coordinator, Peter Hirsch.

Peter is the person behind the collection of data regarding patient satisfaction, quality of life indicators and treatment outcomes. He surveys and interviews our patients twice during treatment and again at 6 months, 12 months and 24 months following admission.

Peter plays a critical role in coordinating Dilworth Center's research and improving the overall quality of our treatment services. Peter has succeeded in achieving extremely high response rates to his surveys and interviews. This is important because the higher the response rates, the more valid the data. In 2023, Peter collected responses to 1051 quality of life surveys and 581 outcomes surveys.

A big part of Peter's success lies within the partnerships he forges with our patients

during their time at Dilworth. Every day during treatment, you will find Peter visiting and spending time with everyone. His personal touch enhances the likelihood of long-term participation in surveys and interviews conducted with patients following their treatment completion. The purpose of collecting this data is to analyze Dilworth Center's strengths, identify areas for improvement, and implement changes that will enhance the long-term success of our patients. As the old saying goes, "If you cannot measure it, you cannot improve it." Dilworth Center remains committed to the continuing improvement of all our treatment programs. Our goal is to maintain success rates as strong or stronger than national industry leaders.

For more information on our research data, including outcomes and success rates, please visit our website at <https://dilworthcenter.org/about/our-success-rate>



# DATA ANALYTICS:

Dilworth Center remains on the cutting edge by partnering with the National Association of Treatment Providers

Dilworth Center is a data site and Founding Donor for the FoRSE Initiative, providing valuable outcomes data to the treatment center industry.



**Dilworth Center was the first outpatient addiction treatment center in the country to become a FoRSE data site.**

## Our Treatment Works. And We Can Prove It.

Dilworth Center is a charter member of the Foundation for Recovery Science and Education (FoRSE). FoRSE is a nonprofit organization founded by the National Association of Addiction Treatment Providers (NAATP) with a mission to improve addiction treatment through science, technology and education.

FoRSE maintains a national addiction treatment, Outcomes Measurement Program (OMP) which collects and analyzes data from treatment programs throughout the United States. The OMP allows Dilworth Center to accurately measure patient success rates, strength-based resources and quality of life indicators, which meet or outperform the best treatment results nationwide.

# Thank you to Dilworth Center's 2023 community partners!

**BERKELEY**  
CAPITAL ADVISORS

**Margaret and Smoky Bissell**

**The Don Sherrill Family**

**Dowd Foundation**

**ally**

**Pattie and  
Mike Batza, Jr.**

**JD Brooks**

**Coca-Cola**  
CONSOLIDATED

**Domtar**

**Gambrell  
Foundation**

**HOPPER**  
COMMUNITIES

**MARSH**  
PROPERTIES

**McNeil Charitable  
Foundation**

**Anonymous**

**Stephanie and  
Howard Bissell**

**Gay Boswell**

**Kathy and  
Peter Browning**

**Will Close**

**Amy &  
Martin Godwin**

**Hendrick**  
AUTOMOTIVE GROUP

**Trish and  
Ross Hobson**

**H**  
HOBSON  
AUTOMOTIVE

**LINDY'S**  
HOMES

**LOWE'S**

**Moore & Van Allen**

**NOVANT**  
HEALTH

**NUCOR**  
CHARITABLE FOUNDATION

**Mary Yorke  
and David Oates**

**TRUST  
COMPANY**  
OF NORTH CAROLINA

**Karen White**

**ADAMS**  
ESTIMOTE

**caron**

**CHICAGO TITLE**

**EY**

**MECA**  
COMMERCIAL REAL ESTATE

**National  
Gypsum**

**The Rowan  
Family**

**scansource**

**SIGNATURE** FD

**SOUTHMINSTER**

**19 55**  
**STEELFAB**

**Sue Coe**

**SunCap**  
PROPERTY GROUP

**usbank**

**Leslie &  
Mitchell Wickham**

Bill Simpson Foundation  
EnPro Foundation  
Gambrell Foundation  
Healthy Charlotte Alliance  
Motiva Enterprises, LLC.  
The Leon Levine Foundation  
The Mecklenburg County ABC Board

# A Look Ahead:

What's Coming in 2024

## Mark Your Calendar!

8th Annual Christina Browning 'Key to Recovery' Scholarship Breakfast

Featuring Reverend Connor Gwin as Keynote Speaker

**September 5, 2024 | 8-9am | Quail Hollow Club**

Mark your calendar! Dilworth Center's 8th Annual Christina Browning 'Key to Recovery' Scholarship Breakfast will take place Thursday, September 5th, 2024 at Quail Hollow Club. Dilworth Center is honored to present Reverend Connor Gwin as this year's keynote speaker.

Connor Gwin is an Episcopal priest currently serving as the Associate Rector for Spiritual Well-being and Care at Christ Episcopal Church in Charlotte, North Carolina. In this role, Connor focuses on building a comprehensive system of well-being that addresses the holistic needs of individuals and families with spiritual well-being at its core.

Connor holds degrees from James Madison University and Virginia Theological Seminary. His

commitment to spiritual development led him to pursue training in spiritual direction and leadership at the Shalem Institute for Spiritual Formation, enhancing his skills in guiding others on their spiritual journeys.

In addition to his professional pursuits, Connor is an advocate for recovery, having been in long-term recovery from alcoholism since his time in seminary. His personal journey has significantly shaped his approach to spiritual well-being, allowing him to connect with others facing similar challenges.

As an accomplished poet and writer, Connor's work, featured in various devotional books and *The Mockingbird*, an online



and print journal, reflects his deep understanding of spirituality and the transformative power of recovery. He writes a weekly newsletter on Substack called *The Brackish Water Psalter*.

Connor makes a home with his wife, children, and rescue dog, Bear.



**Dilworth Center**

UNLOCK YOUR RECOVERY



Helping people unlock the door to recovery every day

**EVERYTHING WE DO IS LED BY OUR MISSION:**

To provide effective and affordable treatment services for individuals and families affected by alcoholism and drug addiction.

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Phone: 704-372-6969

Email: [cynthia@dilworthcenter.org](mailto:cynthia@dilworthcenter.org)

Web: [www.dilworthcenter.org](http://www.dilworthcenter.org)

[www.dilworthcenter.org](http://www.dilworthcenter.org)