



Table of Contents

- [The Addiction Epidemic Impact: A Record-Breaking Demand For Care](#)
- [Dilworth Center & Children's Theater Partnership](#)
- [Board Member Highlight - Mary Howerton](#)
- [Dilworth Center Treats Professionals...](#)
- [Fall Dilworth Center Kids Program](#)
- [Christina Browning Scholarship Breakfast](#)
- [One Of Our Own](#)
- [Patient / Alumni Holiday Party](#)
- [The Camel Club Alumni Association](#)
- [Camel Club Cookout & Alumni Recovery Meeting \(ARM\)](#)
- [Dilworth Center Annual Fund](#)



The Addiction Epidemic Impact: A Record-Breaking Demand For Care

By Charles Odell, CEO

Our community is in the grips of an addiction epidemic. More Americans died from opioid overdoses in 2016 than died in the entirety of the Vietnam War. Addiction to other drugs, including alcohol, is also on the rise. Last year, the Dilworth Center experienced a 56% increase in treatment admissions compared to the year before. This was the largest annual increase we have seen in our entire 27-year history. This year, we are on track to treat even more patients and family members than we did last year.

As the current demand for treatment services reaches an all-time high, access to effective and affordable treatment is more critically important than ever before. As a local non-profit, mission-driven organization, the Dilworth Center is doing what we can to meet this record-breaking demand for care. One way in which we have addressed this demand is by establishing the Christina Browning Scholarship Fund. This Fund was established in 2016 in order to provide financial assistance to those who could not otherwise afford the cost of treatment. It is named in memory of Christina Lynne Browning.

This fall, the Dilworth Center will host the first annual Fundraising Breakfast supporting the Christina Browning Scholarship Fund. Our goal is to increase accessibility to treatment for as many people as possible by reducing some of the financial barriers preventing them from seeking help. 100% of the funds raised will go directly into the scholarship fund. 100% of the scholarship fund supports direct patient care.

You can help make a difference in the lives of those who cannot otherwise afford the cost of treatment. For more information about the Christina Browning Scholarship Fund or to make a reservation for the Christina Browning Scholarship Fundraising Breakfast, contact Cynthia Sims at cynthia@dilworthcenter.org or by calling 704-372-6969. You may also visit <https://www.dilworthcenter.org/donations/ChristinaBrowningScholarshipFund>.



Charles Odell
CEO
Charles@dilworthcenter.org

Dilworth Center & Children's Theater Partnership

By Kelly Little, MSW Treatment Facilitator

One of the unique aspects of the treatment we provide at Dilworth Center is our family program. We have a profound understanding of how addiction impacts family members of all ages and therefore, we work to provide education and support for these loved ones on a weekly basis. For this reason, when the ABC Board connected with the Children's Theater of Charlotte last year and recommended that we assist them with their LIARS play, we were thrilled to help. LIARS is a production put on for all 8th graders in CMS schools about addiction. It is a powerful performance that chronicles the lives of 2 teens with addicted parents, illustrating the biological aspect of addiction, as well as the codependent patterns that can exist within addicted families. Last year, Dilworth Center assisted the actors and other staff members in better understanding the disease of addiction and creating a pre- and post-show that provides education and support for children who may know someone with addiction or use substances themselves. Ultimately, the goal of LIARS is to encourage people to seek help for themselves, and know that they are not alone. Through our collaboration, it was amazing to see the impact that this play had on teachers, administrators, and students last year, and we are happy to announce that we are now working with the Children's Theater of Charlotte on their 2017 production of LIARS. While most of the shows are closed and only available to students, there will be an open performance at Imagination on October 10th at 7:30pm. Tickets are free, but seats are limited, so registration will be required on the theater's website.



Kelly Little, MSW, LCSWA
Treatment Facilitator

Board Member Highlight - Mary Howerton



Tim Ignasher
President

Many thanks go out to Mary Howerton for her leadership as board chair for the Dilworth Center. Throughout her career, Mary has been passionate about mental health and in particular about addiction. She has served the board for the past six years with distinction and it has been a privilege to serve with her. Mary has quietly made a change in the fabric of life which has altered the course of many who suffer from the awful disease of addiction. A tireless advocate, she has challenged all of us to make a difference in the world and done it with grace. I am excited to be Mary's successor and know that I have big shoes to fill. That being said, I am very excited about the Center and the staff. They continue to make a significant impact with the disease of addiction throughout the region.



Dilworth Center Treats Professionals...

The Dilworth Center has been successfully treating professionals for decades. We work closely with multiple regulatory and advocacy boards. Our primary goal is to help professionals navigate the challenges associated with balancing career, recovery and regulatory requirements. In most cases, the professional can receive help and continue to be productive, while remaining at their place of employment. If you or a loved one are experiencing problems with drugs and/or alcohol and are being required by your place of employment to get help, please contact us. We can help.

We provide career-specific treatment services for:

- Executives
- Attorneys
- Bankers
- Physicians
- Nurses
- Dentists
- Hygienists
- Pilots
- Pharmacists
- Flight Attendants
- Athletes
- Safety Sensitive Positions



Fall Dilworth Center Kids Program

An introductory education and therapeutic program focusing on addiction and its impact on the family for ages 7-14.*

Topics include: chemical dependency education; 12 step programs; anger management; appropriate coping skills; safety; self-esteem; feelings and communication of feelings.

Facilitated by Jordan Tadlock, Licensed Marriage and Family Therapist.

SCHEDULE:

- The program is on a 5-week, quarterly cycle.
- Group will take place on Saturdays from 10:45 am to 12:15 pm.

This Fall's cycle's dates are:

- October 28th
- November 4th, 11th, 18th & 25th

*Guardians of participants must be on the property for the duration of group.

Please contact the Dilworth Center to register or for further information.

Christina Browning Scholarship Breakfast

SAVE-THE-DATE:

First Annual Christina Browning Scholarship Breakfast

Tuesday, October 3, 2017
7:45am - 9:30am

Quail Hollow Country Club
3700 Gleneagles Rd.
Charlotte, NC 28210

- Keynote Speaker: Peter Browning.
- Table Sponsorships are available.
- Contact [Cynthia Sims](mailto:CynthiaSims) for more information.

[Christina Browning Scholarship Fund](#)



One Of Our Own

Counselor Diane Frederick

By Kelly Little, MSW Treatment Facilitator

The serenity prayer, "grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference," is one of the simplest and most profound prayers that we use in recovery. I believe that this prayer embodies the key elements of embarking on a spiritual journey and working the 12 steps, and I look up to those who can live by this prayer. Diane Frederick, BA, CSAC, is one of those people. Diane has been connected to the Dilworth Center for over 16 years. She initially came through the Center as a family member and stayed involved as a volunteer, calling worried family members and inviting them to Al Anon. Through this service work, her passion for helping others grew, she earned her Certificate in Substance Abuse Counseling (CSAC), and was hired by the Center. Now, Diane's primary role is family counselor, running 2 weekly family groups, facilitating family conjoint sessions, and calling family members throughout the week. She also presents a number of lectures on the family disease of addiction, and has been known to run a women's group from time to time. Diane's passion for treatment and recovery is evident in her work. She may be known as a no-nonsense counselor (pulling from her roots, as she was raised in Brooklyn and Staten Island, NY), but at her core, Diane "preaches what she practices." Diane's ability to live one day at a time is inspiring. She hardly ever says no to a challenge and always completes tasks to the best of her ability. Diane goes above and beyond to provide family members with the resources and support that will help them help themselves. Her favorite part of her job? It's simple, watching people recover!



Kelly Little, MSW, LCSWA
Treatment Facilitator

Patient / Alumni Holiday Party

Join Us For Our Annual Holiday Party

Save the Date:

December 14th @ 6:00 pm

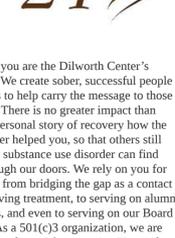
There will be a speaker and some Chicken



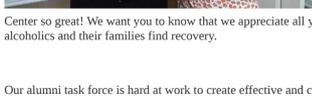
All alumni are welcome. Please join us for a guest speaker and World Famous Price's Chicken by Charles Odell.

The Camel Club Alumni Association

I am excited to share that the Dilworth Center's Alumni Association, affectionately called the "Camel Club" is official with a blessing from our board as well as the adoption of "Cam", our mascot!



We consider everyone who has experienced our treatment facility (patients and family members) to be an alumnus of our treatment programs and part of our family.



As an alumni, you are the Dilworth Center's greatest asset. We create sober, successful people – ambassadors to help carry the message to those still suffering. There is no greater impact than sharing your personal story of recovery how the Dilworth Center helped you, so that others still suffering from substance use disorder can find their way through our doors. We rely on you for service work - from bridging the gap as a contact for a guest leaving treatment, to serving on alumni speaker panels, and even to serving on our Board of Directors. As a 501(c)3 organization, we are grateful for your financial generosity. Your gifts make treatment possible for those who might not be able to afford it possible. In more ways than you could list, YOU are what makes the Dilworth Center so great! We want you to know that we appreciate all you do to help us remain focused on helping alcoholics and their families find recovery.

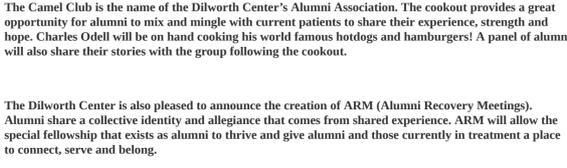
Our alumni task force is hard at work to create effective and creative ways to stay connected with you and for you to connect with other alumni! We want to keep you informed of volunteer opportunities, industry news, gatherings and events. We value your input! Do you have ideas you'd like to share about alumni gatherings? Would you be interested in helping us get alumni events started?

Please tell us what you think and what you'd like to see as an alumnus of the Dilworth Center by contacting our Director of Development Cynthia Sims at Cynthia@dilworthcenter.org or 704-372-6969. We look forward to receiving your feedback and to developing an alumni program that you are proud of!



Martin Godwin
Board Member and Alumni Committee

Camel Club Cookout & Alumni Recovery Meeting (ARM)



Please join us for our next Camel Club Cookout!

The Camel Club is the name of the Dilworth Center's Alumni Association. The cookout provides a great opportunity for alumni to mix and mingle with current patients to share their experience, strength and hope. Charles Odell will be on hand cooking his world famous hotdogs and hamburgers! A panel of alumni will also share their stories with the group following the cookout.

The Dilworth Center is also pleased to announce the creation of ARM (Alumni Recovery Meetings). Alumni share a collective identity and allegiance that comes from shared experience. ARM will allow the special fellowship that exists as alumni to thrive and give alumni and those currently in treatment a place to connect, serve and belong.

And you are just beginning your journey or thriving in long-term recovery, staying connected with others in recovery is one of the healthiest moves you can make. At ARM, current patients, recent graduates and long standing members can find strength in the shared fellowship and support found in the Twelve Step format meetings.

We look forward to seeing you at an upcoming meeting.

(For questions email Cynthia Sims at Cynthia@dilworthcenter.org)

Tuesday, September 26th	
Cookout	5:00 pm – 6:00 pm
Alumni Panel	6:15 pm – 7:15 pm
ARM	8:00 pm – 9:00 pm
Tuesday, November 28th	
Cookout	5:00 pm – 6:00 pm
Alumni Panel	6:15 pm – 7:15 pm
ARM	8:00 pm – 9:00 pm

Have you made a gift to the Dilworth Center Annual Fund yet?

The mission of the Dilworth Center is to provide affordable, effective treatment to chemically dependent individuals and their families.

You Can Help Us Make a Difference.



Please consider supporting our efforts by making a donation to Help us continue Making a Difference. With your generosity we can continue to fulfill our mission and provide treatment services for those in need – now AND in the future.

[Click Here to Donate](#)

- Mail a check to:
2240 Park Road
Charlotte, NC 28203