The Journey | Fall 2018

DCCD Dilworth Center 25 Years of Making a Difference

In This Issue:

Thank You For Your Powerful Support!

Time, Talent, and Treasure - Dr. Bill Bullock

Meet Our New Board Members!

The Foundation of the Dilworth Center - It Starts with Staff

Dilworth Center's Shining Stars

Program Highlight - Teen Addiction Treatment

Dilworth Center's New Lend A Hand Society

Fall Dilworth Center Kids Program

Have you missed an issue?

Catch up on past newsletters!

You're Invited!

ARM

Alumni Social

Rockin' Recovery

Patient Alumni Holiday Party

Wallace Godfrey Courage To Change Scholarship Award Luncheon

We are excited to bring you our Fall Issue of The Journey. We hope this newsletter helps you stay connected with the important work going on at the Dilworth Center. We are extremely lucky to be in the business of facilitating miracles for those who seek recovery and **we could not do it without your support.** We are grateful for your help as we work together to transform lives.

For more details on any information listed in this newsletter, please contact Cynthia Sims at 704-372-6969 ext. 314 or Cynthia@dilworthcenter.org.

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Thank You For Your Powerful Support!

We are honored to share that our 2nd annual breakfast reception to benefit the Christina Browning Scholarship Fund on September 25th raised over $225,000 in donations and multi-year pledges of support! Your charitable dollars help diminish financial barriers to treatment, allowing addicted individuals and their families to receive support and achieve recovery.

- Thank you to all of our new, increased, and lapsed donors who helped us far exceed The Sherrill Charitable Fund's dollar for dollar Matching grant of $10,000!
- Thank you to all of our generous sponsors!
- Thank you to our table captains for volunteering your time and introducing your friends, family, and colleagues to Dilworth Center's mission!
- Thank you to keynote speaker Dean Otto who openly shared his experience and raised awareness.
- Thank you to our 250 guests who spent a meaningful morning with us focused on addiction and recovery!

Your support also allows the Dilworth Center to continue making the uncomfortable more comfortable, allowing for broader recognition and acceptance of addiction as a serious disease.

The Dilworth Center Board of Directors and Staff would like to thank the following

Recovery Sponsors:

THE DICKSON FOUNDATION

THE DOWD FOUNDATION INC

The Dilworth Center Board of Directors and Staff would like to thank the following

Courage Sponsor:

THE SHERRILL CHARITABLE GIFT FUND

The Dilworth Center Board of Directors and Staff would like to thank the following

Hope Sponsors:

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The Dilworth Center Board of Directors and Staff would like to thank the following

Hope Sponsors:

EnPro Industries

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Grant Thornton

Gay Boswell

In honor of Saxon Boswell

Hopper Communities

The Dilworth Center Board of Directors and Staff would like to thank the following

Hope Sponsors:

Lindy's Homemade Italian Ice

Peter Browning

In honor of Christina Browning

Montgomery-Hobson Builders

Moore&VanAllen

Sonic Automotive

The Dilworth Center Board of Directors and Staff would like to thank the following

Break Through Stigma Sponsors:

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FIRST BANK

THE McNAUGHTON FAMILY GIVING FUND

The Dilworth Center Board of Directors and Staff would like to thank the following
Break Through Stigma Sponsors:

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TRUST COMPANY OF THE SOUTH

NUCOR

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The Dilworth Center Board of Directors and Staff would like to thank the following
Friends of the Dilworth Center

The Barnhardt/NCFI Foundation

BRAGG Financial Advisors

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scansource

Time, Talent, and Treasure - Dr. Bill Bullock

Everyday Dilworth Center supporters invest their time, talent, or treasure to our Mission. For nearly 25 years Dr. Bill Bullock has given all three.

Dilworth Center Medical Director Emeritus

Bill Bullock, MD

We are proud to announce that Dr. Bill Bullock was recently awarded the title of Medical Director Emeritus by the Dilworth Center's Board of Directors. Dr. Bullock retired from Dilworth Center in 2015 after serving as Medical Director since 1994. "The Dilworth Center is honored to bestow this recognition upon Dr. Bullock", stated Tim Ignasher, Board Chairperson. "We are grateful for the many years of his uncompromising service."

Dr. Bullock received his medical degree from the University of Tennessee and is board certified in internal medicine and addiction medicine. He is the past Chief and President of the Medical Staff at Presbyterian Hospital, now known as Novant Health. Dr. Bullock is a highly experienced doctor, with over 45 years of practice in the field. He has won a number of prestigious awards, including the Jody Kellerman Award, the NCQA Diabetes Physician Recognition Program and the NCQA Heart/Stroke Recognition Program.

Dr. Bullock began his work at the Dilworth Center in 1994 at a time when the Center was only recently founded. "There weren't many patients at the Center in those days", recalls Charles Odell, Dilworth Center's President and CEO. "Plus, as a startup program, we didn't have a whole lot of money. There were many times through the years when Bill would provide his services pro bono. For him, it's always been about what's best for the patients."

During Dr. Bullock's tenure at the Dilworth Center, he provided medical care and supervision for all Dilworth Center patients. He was never too busy to consult with staff regarding helping patients with all of their challenges, both big and small. "The patients LOVE Dr. Bullock", noted Tammy Hanson, Director of Clinical Services, "and the staff feels the same way." His popular monthly presentations to patients entitled "The Disease of Addiction" and "A Doctor's Story", routinely receive rave reviews.

The Dilworth Center is honored to have had Dr. Bullock serve as our Medical Director for 21 years. In his role of Medical Director Emeritus, he will remain an integral part of the Dilworth Center community. Dr. Bullock will continue to be utilized for special projects and programs that further the mission of the Dilworth Center. We look forward to his support and friendship for many years to come.

Charles Odell

Dilworth Center CEO

Meet Our New Board Members!

The Dilworth Center welcomes new board members Becky Headen, Fred Oates and Will Sparks to our team!

Becky Headen

I am a recruiting manager for the largest privately owned auto dealership group in the country. My first experience with the Dilworth Center was when a member of my family went there for treatment. I have many family members that have mental health/substance abuse issues. I believe that helping to destigmatize addiction will help more people seek help when they need help and I'm proud to serve the Center's mission of providing affordable and effective drug and alcohol treatment. Our community certainly needs it!

Fred Oates

Dilworth Center is committed to helping anyone who struggles with substance and alcohol abuse, especially young people. I have been going to meetings at DC for years as it is my neighborhood treatment facility. I work in the Emergency Room at CMC Main- I believe that being of service to others is the key to happiness. A life without the love of others is a life unfulfilled. I wanted to serve on the Dilworth Center board because people gave their time and money to help me get to where I am today and I want to extend my hand out to others to return the favor.

Will Sparks

I am a Professor of Leadership at the McColl School of Business and Queens and serve as a management consultant. My first experience with Dilworth Center was facilitating a Strategic Planning Retreat for the board about ten years ago. Addiction has and continues to impact my family. Supporting the good work of the Dilworth Center helps me know I am making a difference, It is also an opportunity for me to honor Christina Browning and her family whom I admire and adore. I am proud to serve on a board where the services for our community are so necessary and affordable. The Center needs your support and makes such a positive difference not only in the lives of those battling addiction but in the lives of loved ones.

The Foundation of the Dilworth Center - It Starts with Staff

By Kelly Little

When I think of Dilworth Center, I think of family. Our staff embodies a sense of love and community that is rare and what I love most about my job. Over half of our staff members have been with us for over ten years and several more than 20, which is a statistic that is rarely seen in the mental health industry. We are so used to our stable staffing in fact, that this July was a bitter-sweet time for our Dilworth Family, as we saw two of our devoted employees leave at the same time.

Nancy Willis, MA Ed., LCAS, CCS, started at Dilworth Center in 2012 and was with us for 6 years before deciding to retire to spend more time with her family. Nancy worked in the field of substance use disorders for over 25 years and we are honored that she was able to finish up her amazing career with us! Nancy's patience and care for others is unmatched and we will miss her dearly!

Billy Nichols, CSAC, started at Dilworth Center in 2013 and was an integral part of the men's IOP team throughout his 6 years with us. He and his fiancé are moving to DC, where he plans to continue his work in the field. Billy's passion and ability to make others laugh will be missed!

As we remember the amazing years we shared with both Nancy and Billy, we are reminded that families grow and change as evidenced by us welcoming two new employees this summer, Laura Wesson and Jennifer Kline. These two women began at Dilworth Center as master-level interns, working with adolescent, adult, and family caseloads. They have demonstrated inspired talent and huge hearts for families with substance use disorders.

Laura Wesson recently graduated with a Masters in Clinical Mental Health Counseling with a concentration in Addiction from UNC-Charlotte. Jennifer Kline graduated from Appalachian State University with a Masters in Clinical Mental Health Counseling with a concentration in Addiction. We look forward to watching these two settle into our team and grow into their careers. Please help join us in welcoming them and making them feel at home!

Kelly Little

Counselor I

Dilworth Center's Shining Stars

Congratulations to Laura Wesson, Dilworth Center Treatment Facilitator, who recently received the 2018 Master's Student Fellowship Award!

And also to Tina Melber, Dilworth Center Manager of Administrative Operations, who is this year's recepient of the UNCC Bettie Dibrell McLeod Institute Practitioner Award. This award is given annually to an exemplary counseling professional who has spent the majority of their career in direct service to substance abusers and their families.

Job well done ladies!

Program Highlight - Teen Addiction Treatment

By Kelly Little

Dilworth Center has been serving patients and their families in Charlotte for 28 years and during this time we have emerged as one of the leading providers for adolescent and young adult patients. In designing the intensive outpatient treatment programs for these populations, we aim to address the unique challenges that adolescents and young adults face in early recovery from alcoholism and drug addiction. Adolescents and young adults prosper in recovery more often when their home lives and social lives, as well as school and work environments, are supportive of their recovery goals.

At the Dilworth Center, we consider it our responsibility to assist our patients and families in effectively treating the substance use disorder and helping them structure positive support systems. There are many specific ways that we address the needs of young people in early recovery. To begin with, we invite and, at times, require family members to participate in treatment, offering educational lectures and group therapy as a means for family members to begin their own process of recovery. Furthermore, we encourage alumni from our adolescent program to return to treatment and be of service to newcomers, helping them integrate into the recovery community in Charlotte. Fun and fellowship are at the foundation of the adolescent and young adult programs, as it is essential for patients to learn that they can lead fun and healthy lives without drugs or alcohol. As the treatment needs for younger populations continue to rise, we look forward to more opportunities of helping patients and their families begin the process of recovery.

Kelly Little

Counselor I

Dilworth Center's New Lend A Hand Society

Dilworth Center's Lend-a-Hand Society

The Dilworth Center is proud to announce our first giving society! Becoming a member is an impactful way to assist the Dilworth Center, by establishing a long term relationship in support of its work to deliver help and hope to those seeking recovery. For more information, please contact Cynthia Sims.

cynthia@dilworthcenter.org

704-372-6969

Make a Difference! DONATE

ARM

Alumni Recovery Meetings -ARM-

The Dilworth Center is pleased to announce the creation of ARM (Alumni Recovery Meetings).

Designed for Alumni and current Dilworth Center patients to connect, ARM provides a place where collective identity and allegiance that comes from shared experience can thrive and those seeking or in recovery can find experience, strength and hope.

Whether you are just beginning your journey or thriving in long-term recovery, join us! The meetings are Twelve-Step oriented. We look forward to seeing you at an upcoming meeting.

ARM
Tuesdays 8-9 p.m.
Dilworth Center Auditorium
2240 Park Rd.
Charlotte NC 28203

BECAUSE RECOVERY IS BETTER TOGETHER

Joint Alumni Social

fellowship HALL
Drug + Alcohol Recovery Center

JOINT ALUMNI
GATHERING
CHARLOTTE, NC

JOIN US FOR FELLOWSHIP & ICE CREAM!

October 17, 2018 6:30pm-8:00pm
Update on Fellowship Hall with Mike Yow 10th Step discussion led by David Stone
Update on Dilworth Center with Charles Odell
Ice cream social and raffle
R.S.V.P at FellowshipHall.com
Families are welcome!

Dilworth Center
2240 Park Rd.
Charlotte, NC 28203
(Behind Blossom Shop and Food Lion)

Click Here To RSVP

Rockin' Recovery

SAVE THE DATE:
November 9, 2018

FROM THE

Front Porch

"Rockin' Recovery"

Rockin' Recovery is a free introduction to the Dilworth Center's programs and services. Join us for light refreshments, a tour of the facilities, and an overview of how we prepare those with drug and/or alcohol addiction to be healthy, productive and engaged members of our community.

Friday, November 9, 2018

11:30- 1:00 p.m.

2240 Park Rd.

***(located behind the Blossom Shop in Food Lion parking lot)**

Casual Conversation, Personal Stories and Wisdom on Addiction and Addiction-related Issues

RSVP's encouraged.

cynthia@dilworthcenter.org

Bring your questions. Meet our team. Take a tour.

In partnership with our local friends at

NewDominion
Banking Handcrafted.

Patient Alumni Holiday Party

SAVE THE DATE:

December 13, 2018

Wallace Godfrey Courage To Change Scholarship Award Luncheon

PLEASE MARK YOUR CALENDAR

and make plans to join us

Quail Hollow County Country Club

Charlotte, NC 28210

Thursday, April 11, 2019

11:30 am – 1:30 pm

More details to follow in early 2019

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.

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

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

Please visit our website at www.dilworthcenter.org.