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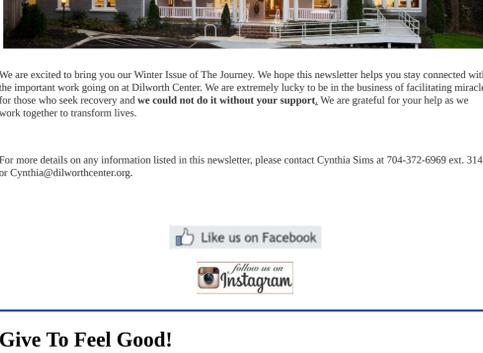
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You're Invited!

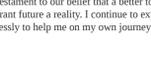
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Have you missed an issue?
Catch up on past newsletters!



We are excited to bring you our Winter Issue of The Journey. We hope this newsletter helps you stay connected with the important work going on at 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.



Give To Feel Good!

It is hard to believe that I have served as Director of Development for Dilworth Center for two years now and prior to that, served as a board member to Dilworth Center's passionate and dedicated board. What has crystallized for me from serving in both positions is how much everyone loves Dilworth Center. The excitement for recovery is palpable from board and staff members to current patients and alumni, and the ripple effect extends to our generous grantors and sponsors as well as community members who have been touched by the programs and services Dilworth Center provides.

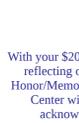
The opportunity to be part of Dilworth Center's compelling mission brings me both a sense of inspired joy and one of tremendous responsibility. Dilworth Center is a special place and its work is more necessary and valuable than ever. The work of helping to strengthen our mission and broaden awareness regarding addiction to the broader Charlotte community - all in service to enrich the world in which we live - is why I love my job!

When I examine my own motives for giving, making a charitable gift is probably most important to me because it is the ultimate expression of optimism, a testament to our belief that a better tomorrow is possible and the critical role each of us play in making that more vibrant future a reality. I continue to experience deep gratitude when I give, especially toward others who gave selflessly to help me on my own journey of recovery. Giving back just feels GOOD.

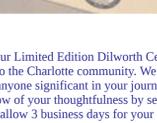
Today, I hope you will join me in giving as a quest to feel good- to experience the satisfaction of a patient's life forever changed because of a scholarship; to be that electric jolt that altered the path of addiction for an adolescent graduating from treatment; to feel the intense joy that comes with helping stamp out stigma surrounding addiction in our community so others can find their voice and the courage to reach out for help.

I look forward to meeting and getting to know you as we build on our success of philanthropic support. Being a development professional is an incredible privilege because I have the honor of interacting with donors at some of the best moments of their lives - when they are being generous and making a positive impact on the lives of those still struggling. There is no better work than that. And no better place to do that work than here at Dilworth Center.

Please give good to feel good today! I hope to see you soon here at Dilworth or at one of our alumni or fundraising events. Please come on over for a visit if you haven't been here in a while - I would love the opportunity to shake your hand and say THANK YOU for the wonderful impact of your giving.



Cynthia Sims
Director of Development



Honor Your Loved One This Holiday Season

This year, Dilworth Center begins a new tradition in memory or honor of loved ones, and we invite you to join us.



With your \$20 gift, you will receive our Limited Edition Dilworth Center Christmas ornament reflecting our 28 years of service to the Charlotte community. We invite you to leave an Honor/Memory card on our tree for anyone significant in your journey of recovery. Dilworth Center will let your honorees know of your thoughtfulness by sending them a special acknowledgement card. Please allow 3 business days for your cards to be mailed.

You may purchase your ornament online at <https://www.dilworthcenter.org/events/tribute-tree>. Ornaments will also be available at our Alumni/Patient Holiday Party December 13th from 6-9 p.m. Or, stop by at any time from November 28 through January 5 to see the tree, purchase your ornament, remember and reflect.

For questions, please email Cynthia Sims at Cynthia@dilworthcenter.org.

Dilworth Center's Shining Stars

Congratulations to Connie Mele, facilitator of Dilworth Center's Nurses Aftercare Program. Connie recently received the American Psychiatric Nurses Association's Innovation Award at the APNA Annual Conference in Columbus, Ohio. She was recognized for the Jail Diversion work she has done in Mecklenburg County.

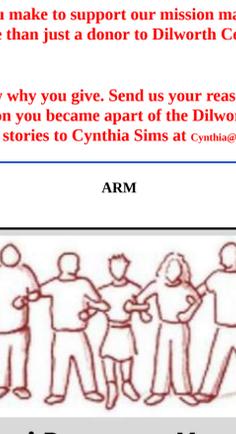


Left-Linda Beber APNA President, Center-Connie Mele, 2018 Award Recipient, Right-Kris McLoughlin, APNA Past President

Connie worked with an inter-professional team from law enforcement, treatment, NAMI and the courts to develop the program to refer individuals with mental illness and substance use disorders to treatment instead of jail. The creation of this program resulted in the development of the Crisis Intervention Team Program to train police officers and sheriff deputies on how to deal effectively with people with these illnesses, and when appropriate, offer treatment services as an alternative to incarceration. Also, Social Workers have been placed in the Public Defender's office and the Mental Health Court process improved. There has been a decrease in the jail census which can be attributed to several changes in the criminal justice system, as well as the jail diversion program.

Citizens are encouraged to ask for a CIT trained officer if the emergency they are experiencing is related to mental illness or substance use disorders.

Connie Mele has over 35 years of experience working in the field of addiction and psychiatric nursing. She has worked with impaired nurses since 1983 and started the first Nurses' Support Group in North Carolina in 1996. We are fortunate and proud to have Connie on our team at the center.



Gay Boswell

Thank you to board member Gay Boswell for generously donating several rocking chairs to Dilworth Center's front porch this past Fall.

Q: What influenced you to join Dilworth Center's board?

A: I first became involved with Dilworth Center years ago when my son was a patient. I have maintained tremendous respect for and interest in the amazing work that goes on there. I have seen first-hand the support, education and strength Dilworth Center imparts to patients and families through its treatment programs. My own recovery from alcoholism began 16 years ago and continues to be a huge and wonderful part of my life. I support Dilworth Center financially because I see how critical it is to be able to continue to offer treatment for addiction and support for the whole family, which doesn't stop when treatment is finished.

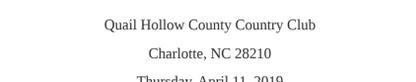
Why Do YOU Give?



The decision you make to support our mission makes you so much more than just a donor to Dilworth Center.

We want to know why you give. Send us your reasons or stories that capture the reason you became apart of the Dilworth Center family. Email your stories to Cynthia Sims at Cynthia@dilworthcenter.org.

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

Patient-Alumni Holiday Party



Oh What Fun!

Join us for a Holiday Party
Thursday, December 13th

6:00 pm Jingle & Mingle
with Price's Chicken and a
Covered Dish to Share!

7:00 pm Speaker

*2nd annual DStone Foodie Awards
for best dish in select categories.
(Dishes must be dropped off by 6:15 pm
to be considered for judging.)

Dilworth Center
2240 Park Road

Wallace Godfrey Courage To Change Scholarship Award Luncheon

PLEASE MARK YOUR CALENDAR

and make plans to join us

Quail Hollow Country Country Club

Charlotte, NC 28210

Thursday, April 11, 2019

11:30 am – 1:30 pm

More details to follow in early 2019

Amazon Smile Collaboration



Did you know Amazon purchases can help support Dilworth Center?

It's simple. Go to smile.amazon.com and select Dilworth Center For Chemical Dependency Inc. as the charitable organization who will benefit from your purchases all year round. Amazon donates 0.5% of all your purchases back to Dilworth Center.

SAVE THE DATE!!!

2019 Alumni Events

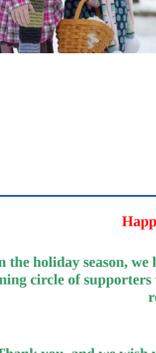
January 16: Fellowship Hall/ Dilworth Center Joint Alumni Social

February 3: 2nd Annual Saber Bowl

March 16: Alumni Movie Night "Beautiful Boy"

April 18: Camel Club Cookout

May: Alumni Spiritual Retreat (TBD)



JOIN US FOR HOT CHOCOLATE & FELLOWSHIP!

January 16, 2019 6:30pm-8:00 pm

Recovery Speaker:
Dilworth Center Counselor Carl Totman
R.S.V.P. at FellowshipHall.com
Families are welcome!

Dilworth Center
2240 Park Rd.
Charlotte, NC 28203
(Behind Blossom Shop,
Next to Food Lion)
Questions:
cynthiasims@dilworthcenter.org
www.dilworthcenter.org



Winter 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.

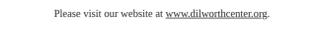
*Guardians of participants must be on the property for the duration of group.

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

Happy Holidays!

As we begin the holiday season, we have much to be thankful for including our ever-widening circle of supporters who so generously invest in the miracle of recovery.

Thank you, and we wish you a very happy holiday season.



Make A Donation

Please visit our website at www.dilworthcenter.org.