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Have you missed an issue?

Catch up on past newsletters!



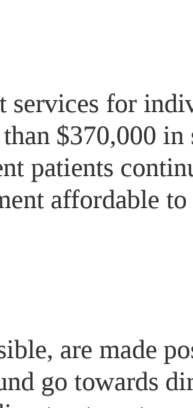
The Journey -

Your go to source for staying connected with our work & our mission.

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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Open the door. Take the tour. Schedule a tour of Dilworth Center... see the impact of your gifts!

Contact Cynthia Sims Cynthia@dilworthcenter.org (704)372-6969 ext.314

Life-Changing Work: A Reflection from our CEO

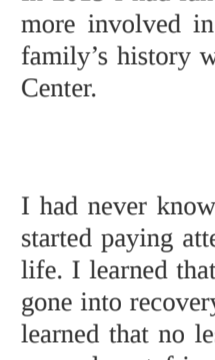
Recovery is difficult. Alcoholics and addicts do not always get sober and clean when we want them to. My family tried to help me for years before I finally got sober. They knew I had a problem long before I ever realized it. My moment of clarity came in 1982. In a blinding shot of the obvious, I knew I couldn't live like that anymore. It was at that time that I sincerely asked for help. I was willing to go to any lengths.

Fortunately for me, I had the resources to pay for treatment. Many people are not so fortunate. They simply cannot afford the cost of care. Even if they have health insurance, high deductibles and copays still make treatment prohibitive. Not everyone needs treatment, of course, AA and NA were helping people long before treatment centers ever existed. But, for those of us who do need treatment, receiving proper care can make the difference between life and death.

Dilworth Center's mission is to provide effective and affordable treatment services for individuals and families affected by alcoholism and drug addiction. Last year we distributed more than \$370,000 in scholarships to more than 200 Dilworth Center patients. Additionally, family members of current patients continue to enjoy participation in our family programs at no additional charge. Our goal is to make treatment affordable to as many patients and family members as possible.

Scholarships, along with our ability to keep treatment costs as low as possible, are made possible by you. 100% of the funds raised for Dilworth Center's Christina Browning Scholarship Fund go towards direct patient care. As the demand for treatment continues to rise, we will be challenged with providing treatment opportunities to more people than at any other time in our 29-year history.

The 3rd Annual Christina Browning Scholarship Fund Breakfast will be held September 24, 2019 at Quail Hollow Club in Charlotte. The breakfast is a unique opportunity to support Dilworth Center's Scholarship Fund while networking with colleagues and enjoying a great speaker. We are excited to announce that this year's speaker is the Honorable George Hodges, United States Judge. For more information on the event, including sponsorship opportunities, contact Cynthia Sims, Director of Development Dilworth Center. cynthia@dilworthcenter.org, 704-372-6969.

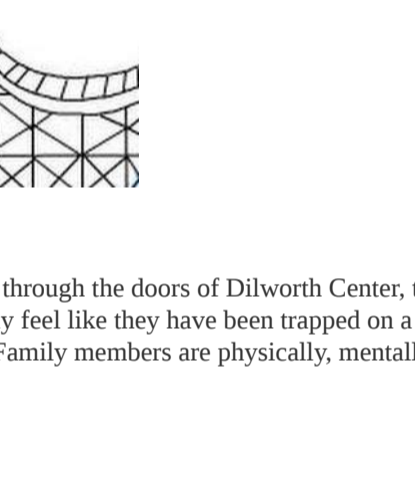


Thank you for helping save and change lives!

Charles Odell CEO

Laura:

A Story of Hope



Dilworth Center Alumna Laura E.

From the moment I started treatment at Dilworth Center, I felt like I was home.

What was life like before treatment at Dilworth Center? I was pretty shy when I was young. I started drinking regularly in high school and I remember early on I thought alcohol was like magic because my social awkwardness went away when I was drinking. I found that I could talk to people easily when I was inebriated. My alcohol use increased in college, and I blacked out frequently in my 20s and beyond. Hangovers were a regular occurrence. I was definitely what would be classified as a binge drinker all through the years. I would go all week and not drink, but as soon as I left work on Friday, I was on - I drank hard almost every weekend. Mondays were horrible. I was constantly at battle with myself to try to control my drinking. I might be good for one or two weekends, but before long, I would do something really humiliating or something that had even more serious consequences, and be filled with remorse, guilt, and shame. I had too many situations to count that would be an event that would be serious enough to call it a bottom, but somehow I managed to rationalize it, and I'd be back to drinking the very next weekend. This went on for years and it was wearing me down.

Finally in July of 2017, I was up at my home in the mountains with two friends and my two dogs. We were out on my golf cart for a "joy ride" on a dirt road in the middle of nowhere. I was drunk, driving too fast, and I lost control and wrecked the golf cart. Luckily neither of my friends got hurt, and my dogs were not hurt, but I was pinned under the golf cart and seriously hurt, and had to be taken to the hospital. Even then, that wasn't my bottom. I still continued to drink for three weeks after that. On the day of the Eclipse, August 21st, 2017, I was at the beach with a large group of friends. I do not remember a single thing about that day. I was in a complete blackout. I was confronted the next morning, and asked to leave. I drove back to Charlotte along with one massive hangover, and the most shame I have ever felt in my life. That was my bottom. My sobriety date is August 22, 2017.

How did you decide upon treatment at Dilworth Center?

I started going to AA the next weekend thanks to a very close friend of mine who suggested I go and offered to would go with me. I had a close group of about six friends that were very concerned about me. My family was also worried for me. My mom and dad had read about Dilworth Center in "Myers Park Magazine" and made an appointment with Charles Odell. They were very impressed with Charles and with Dilworth Center. I decided I would go for an assessment to get my friends and family off my back. Todd did my assessment and told me he thought that I was a good candidate for the outpatient program. I remember Todd he was going to tell me it was just a binge drinker and not an alcoholic, but that isn't what happened. Todd didn't label me. Instead, he just told me Dilworth Center's treatment program might work for me.

What was treatment at Dilworth Center like?

Initially, I thought that the amount of time that treatment was going to take up in my life was going to be tremendous, but I quickly found that I was able to make adjustments to make it all work. Xever once did treatment or the required AA meetings interfere with my career. From the moment I started at Dilworth Center, I felt like I was home. I fit in. I surrendered immediately. I was so exhausted from fighting to control my drinking. It was as if I had a death grip onto the edge of a cliff hanging on for dear life, and I finally couldn't hang on any longer. When I let go, it was such a relief. I immersed myself in Dilworth Center, and I immersed myself in AA. I started to look forward to Tuesday and Thursday treatment nights... even coming in for treatment on Saturday mornings while in Level 1 was no big deal especially without a hangover to contend with. The time commitment necessary for treatment was nothing like what I expected it to be. My life quickly started changing for the better. The icing on the cake has been that I met some wonderful women at Dilworth Center that I know I will be friends with for the rest of my life.

What is recovery like?

Since I have left Dilworth Center, I have gone through all of the Twelve Steps with my sponsor whom I love dearly. I have made so many friends through AA, I have made amends, and I've had an incredible spiritual awakening. I now sponsor a woman that I care so much about and want to see succeed and thrive. Helping others helps me - it is a huge part of the process. I still have challenges in my life, but now that I'm clear headed, I feel like I can handle anything that comes my way as long as I'm sober and spiritually fit.

Life is bright now, and I believe that it is as bright as it is because of the darkness that I walked through in my drinking life, and my ability to resolve it through recovery. I don't regret the past and I don't wish to shut the door on it either. I frequently remember my counselor telling to "play the tape all the way through" whenever I have a regret about not being able to drink. My sobriety is the most important thing in my life, and I never want to go back to those dark days before I got sober. I still come back to Dilworth Center. At an alumni meeting recently, one of my good friends and I were sitting in the auditorium waiting for the meeting to start. We were breathing in deep, and she said, "Smells like treatment! Smells like home!" We both smiled and laughed. I knew exactly what she meant. I won't ever forget.

What would you tell people still struggling with addiction?

For anyone out there still struggling with an addiction, there is a way out. Life is not hopeless, and you don't need to do it alone. Why would you want to do it alone when you stand the chance of making some of the best friends you'll ever have? If you are still struggling, get the support you need to succeed - start by calling Dilworth Center for an assessment. I have been so impressed with Dilworth Center. It's like home to me, and that's because everyone I have encountered cares about the patients and wants us to be fulfilled and successful in navigating our lives as sober people. I am so grateful for this exceptional place. I have a deep love for Dilworth Center and walking through their doors was one of the best decisions I've ever made.

Faces of Dilworth Center:

Getting to Know our Board Members

In 2015 I had lunch with a friend who was helping me find a way to get more involved in the community and who also happened to know my family's history with addiction. She suggested I volunteer with Dilworth Center.



Glenn Thompson, JD Board Member

I had never known Dilworth Center before that lunch. But as soon as I started paying attention, I learned how much it was already affecting my life. I learned that over the previous couple of years, colleagues who had gone into recovery had all done so with the support of Dilworth Center. I learned that no less than 10 people I already knew, including one of my very closest friends, all credited Dilworth Center with their continuing sobriety. I learned this story is common to so many in Charlotte as the reach of the Dilworth Center has touched so many lives directly and indirectly its 29 years serving Charlotte.

Ironically, I learned that I lived just four doors down from the CEO. I also learned about the financial turmoil constantly facing a non-profit health care institution that is subject to the ever-changing whims of the healthcare insurance industry - especially one that is dedicated to helping as many people as possible regardless of their ability to pay. I joined the board in 2016 for the hope that my professional background as a creditor and debtor's rights attorney would help as Dilworth Center keeps striving to maintain and improve the stability that has allowed it to be one of the most effective and the longest standing addiction treatment providers in our community.

Dilworth Center's Family Program - Get Off the Rollercoaster!



Addictive behaviors affect the whole family. By the time a patient walks through the doors of Dilworth Center, the patient's family has typically experienced a great deal of chaos. They may feel like they have direct patient care. As the demand for treatment continues to rise, we will be challenged with providing treatment opportunities to more people than at any other time in our 29-year history.

It is normal for family members to think obsessively and act compulsively in their efforts to rescue their addicted family member at the expense of their own health and well-being. It is also normal to see family members throw up their hands, turn away, and refuse to interact with their addicted loved one. This seesaw of emotions is debilitating. Neither end of the seesaw is desired but without coping tools, the extremes may be all that many family members are able to provide.

Because addiction is a family disease, treatment at Dilworth Center focuses on the addicted patient AND family members. We provide each patient battling substance use disorder with education, coping tools, and support to assist them as they begin their journey towards recovery. Likewise, family members are also encouraged to attend educational lectures with their loved one in treatment. In addition, family members attend group sessions with other families that have a patient in treatment. The Family Group, led by addiction professionals, serves as an educational resource and support base, allowing spouses and parents of patients to receive support and learn coping tools at a time when they need it most. During this difficult period in their lives, other relatives and close friends, even though well meaning, are often not capable of providing the kind of support and knowledge that family members need. Being around other people that can understand the battle, trauma, and chaos family members have endured can be critical to the healing process.

Many families believe that once a loved one enters recovery, life will return to normal. By gaining knowledge about addiction as a disease, helping family members understand what to expect in early recovery, and directing them towards community resources such as Al-Anon, family members can learn tools to help them say "no" to the chaos and enter into a healthy relationship with their loved one. Family members cannot force change in a patient's behavior, but if they change their reaction to their loved one, the patient will be more likely to change.

Change is not easy. In fact, it is downright uncomfortable. Together they, along with their loved one in treatment have the best chance of success at sustainable recovery.

Laura Wesson Family Counselor

ARM Alumni Recovery Meetings - ARM - Designed for Alumni and current Dilworth Center patients to connect, Alumni Recovery Meetings (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.

Beautiful Boy Showing Dilworth Center presents a FREE screening & discussion of Beautiful Boy Dilworth Center Auditorium March 16, 2019 6:30 - 8:00pm 2240 Park Road Charlotte, 28203

Limited Tickets On Sale! Wallace Godfrey Courage To Change Scholarship Award Luncheon The Staff and Board of the Dilworth Center cordially invite you to attend our TENTH ANNUAL WALLACE GODFREY COURAGE TO CHANGE SCHOLARSHIP AWARD LUNCHEON honoring

JEFF LEFLER, CSC RETIRED, MCLEOD ADDICTIVE DISEASE CENTER THURSDAY, APRIL 11, 2019 11:30 AM - 1:30 PM QUAIL HOLLOW COUNTRY CLUB 3700 GLENEGLES ROAD CHARLOTTE, NORTH CAROLINA \$40.00 Individual Seats \$375.00 Table of 10

Payment can be made on the Dilworth Center Website Events Page https://www.dilworthcenter.org/events/wallace-godfrey-courage-to-change-scholarship-award-luncheon Kindly make your payment prior to the event. Payments will not be taken the day of the event. Thank you!

DILWORTH CENTER PRESENTS The 1st Annual GRATITUDE retreat NC MOUNTAIN RETREAT MAY 3-4TH 2019 \$75 REGISTRATION Fee Total Cost \$150 *Final payment due 4/1/19 **limited space available

ALUMNI SPRING FLING Cookies Wednesday, April 24, 2019 Lemnades Raffle Families are Welcome! Speaker 2240 Park Rd Dilworth Center, Charlotte, NC Behind Blossom Shop 2240 Park Road Food Unit Parking Lot RSVP fellowshipp@dilworthcenter.org

DILWORTH CENTER'S 29th ANNIVERSARY CELEBRATION & ALUMNI REUNION Join us for Fellowship in Recovery! May 18, 2019 5:00 pm - 6:00 pm Cocktail, Music, Raffle & Fun 6:15 p.m. - 7:15 p.m. Alumni Speaker Panel

YOUR LEGACY OF GIVING By including Dilworth Center in your will or estate plan, you ensure that your gift will continue to impact lives far into the future. For information about making a gift to Dilworth Center or to join the Dilworth Center Legacy Society, please contact Cynthia Sims at cynthia@dilworthcenter.org or (704) 372-6969.

Make a Difference! DONATE Please visit our website at www.dilworthcenter.org.