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Lexington, KY



SHELTER • FOOD • CLOTHING • RECOVERY • EMPLOYMENT • HOUSING • HEALTH • MENTAL HEALTH • SOCIAL SERVICES • OUTREACH

CLIENT REFLECTIONS

JENNIFER'S STORY



"The Hope Center introduced me to a life I never thought possible."

I took my first drink when I was fourteen, and abusing alcohol led me to experiment with different types of drugs, including pain pills. My addiction took me to levels I never thought possible. It got so bad, that I began stealing checks from my stepfather. Twenty-one checks and \$27,000 later, I got caught and I wanted to die. I would pray before I went to bed, "God, please don't let me wake up." I pleaded guilty, received 4 years in addition to probation, and I was sentenced to drug court- the last option before going to prison. They sent me to the Hope Center Recovery Program. It is a place where you can find yourself - a place where you can love yourself and begin to love others. The Hope Center introduced me to a life I never thought possible.

LES' STORY



"Thanks to the Hope Center for giving me an opportunity to experience God's grace!"

'I started drinking when I was 11, to help cope with the death of my dad. At 17, I ended up in ICU for alcohol poisoning, but I still didn't realize that I had a problem and that I had lost control of my life. Addiction grabbed hold of me more tightly when I was prescribed pain medication for a work injury. I did whatever was necessary to feed my addiction. By the time I landed at the Hope Center, I had been terminated from drug court, then reinstated for one last-ditch effort to get my life on track. The Hope Center had that task. The peer mentors and staff of the Hope Center Recovery Program showed me how to live by not enabling me and by accepting nothing but the truth, and giving me a way to deal with my issues - past, present, and future. I can enjoy life today, smile, laugh, and know that I don't have to be like a dog anymore. I currently work in the recovery program as a caseworker, and I co-own Grace Painting, LLC. Thanks to the Hope Center for giving me an opportunity to experience God's grace!

Top 5 Things We Need

- ▶ Shower shoes
- ▶ Socks
- ▶ Underwear
- ▶ Toiletries
- ▶ Blankets

SEE FULL LIST OF
NEEDED ITEMS AT
WWW.HOPECTR.ORG



OUR MISSION: To care for homeless and at-risk persons by providing life-sustaining and life-rebuilding services that are comprehensive and address underlying causes.

We Help. We Heal. We Give Hope.

MAILING ADDRESS

P.O. Box 6
Lexington, Ky. 40588

FACILITIES/PROGRAMS

Emergency Shelter
Ball-Quantrell Jones Center for Women
George Privett Recovery Center
Don and Cathy Jacobs House
Jacobs Hope Cafeteria
Fayette County Detention Center Recovery Program
HopeMobile
Hill Rise Place Apartments
Barbara Hardwick Rouse House
One Parent Scholar House

PHONE

(859) 252-7881

WEBSITE:

www.hopectr.org

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Cecil Dunn

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FUNDING FOR THE EMERGENCY SHELTER



I want to say thank you to Mayor Jim Gray for his budget recommendations regarding the Hope Center. The proposal that came to his desk included funding for several Hope Center programs but not for the Emergency Shelter. Mayor Gray recognized that the urban county government cannot turn its back on the basic needs of shelter, food and clothing. He acted on that recognition by providing for the shelter in his budget proposal. I also want to thank all our supporters who contacted Mayor Gray through phone calls, email and Facebook. Your support made a difference.

Many people do not realize that the shelter is owned by the urban county government. The government built the shelter, located on West Loudon Avenue, in the early 1990s and asked the Hope Center to operate it. Every administration that has been in place since the shelter opened in 1993 has seen fit to partially underwrite the cost of its operation. The Hope Center makes up the difference with its own funds.

The annual cost of operating the shelter is about \$1,000,000. Mayor Gray's proposal is for the government to bear a quarter of that cost, \$250,000. While we had asked for half in the Social Services Partner Agency Funding process, I am grateful for the mayor's support. It makes an important statement: Local government should and will be part of the solution when basic human needs must be met.

Funding for three other Hope Center programs are included in the mayor's proposal. One Parent Scholar House, a separate agency that we manage at no charge, also received funding. We are grateful for that support. These are important programs. However, I have to stress that the Emergency Shelter is a special case.

With very few minor exceptions, state, federal and private grants are not available for funding shelter operations. Those sources mainly award grants for particular programs instead of shelters. When we receive a grant for one program, mental health for example, we are not allowed to spend it on something else, such as shelter. Local governments have to participate in order for emergency shelters to operate.

Another factor depends on one's perspective. One person might say that we are asking the government to subsidize our shelter. Another person, considering the ownership of the facility, might say that it's the Hope Center that subsidizes the government's shelter. I like to think that we are partners in a common enterprise.

In each of the last three budget cycles, however, funding for the Emergency Shelter has been placed in doubt during the early budgeting process. I'm glad to say that the mayor has not wavered. He has included the shelter in his proposal each year.

The annual uncertainty makes our own planning process difficult. Not until the budget is adopted do we know for sure what the government will do, and the amounts in doubt are hundreds

of thousands of dollars. (By the way, it's worth noting that the Salvation Army faces these same difficulties; last year it was their shelter for women and families that was recommended for no funding.) The Social Services and Community Development Committee of the council has invited agencies to discuss the funding process. I appreciate this opportunity and plan to participate.

It is my belief that the urban county government should determine how much it is willing to do to shelter the homeless and stick with that level as a baseline from year to year. The basic human needs of the homeless are with us always. I would like to see the urban county government's commitment to its own shelter have the same constancy.

Cecil Dunn,
Executive Director

DONATE ONLINE
www.hopectr.org

The Hope Center provides services to the homeless in the Lexington area, including the immediate needs of food, shelter and clothing and the longer-term needs of detox and substance abuse recovery, diagnosis and treatment of mental illness, health clinic services, employment counseling, life skills, housing support and transitional housing.

COME HAVE LUNCH WITH NAOMI JUDD AND JOHN CALIPARI ON MAY 15!

Support the One Parent Scholar House and Enjoy Lunch with Other Lexington Leaders

Don & Mira Ball present



EDUCATION
BUILDS HOPE
LUNCHEON

with support from Don & Cathy Jacobs

TO BENEFIT THE ONE PARENT SCHOLAR HOUSE



Featured Speaker:
Naomi Judd



Special Guest:
John Calipari

Don't miss the Don and Mira Ball **Education Builds Hope Luncheon** on May 15, where you will be inspired by Naomi Judd and John Calipari while enjoying fellowship with other area business leaders, all to support single parents who are working to earn their college education. One Parent Scholar House makes it possible for single parents with small children to earn their college or post-secondary degree, empowering them to sustain their families and pass the love of education on to their own children.

At this year's third annual Education Builds Hope event, Naomi Judd will speak about her life experiences, including her time as a single parent raising two young daughters. John Calipari will give his reflections on the One Parent Scholar House and the importance of education and how it can empower us all.

You can help single parents pursuing higher education by coming out to enjoy lunch at the Carrick House at 12:15 on May 15. Tickets can be purchased at oneparentscholarhouse.org or by calling 859-225-4673. We hope to see you there!

TABITHA'S SECOND CHANCE: ONE PARENT SCHOLAR HOUSE



"It's really humbling to know that people out there actually care about someone like me. To anyone else I'm just a statistic. I'm trying to prove those people wrong."

Tabitha's second chance, to her, felt like her last chance. She's been a single mom since her eldest daughter was three weeks old. She'd dropped out of college twice because she simply couldn't afford to not work while she went to school. Then, in January of 2010 she injured her leg so badly, she almost lost her foot. On bed rest for almost a year, Tabitha found herself reflecting on life so far – and making a promise to God. If He would get her through this, she would do more with her life. As soon as she was off crutches, she enrolled at Medtech College.

For a while, she tried to do it on her own, but couldn't due to a long commute time to school. So when she found an application to One Parent Scholar House at her school, she filled it out immediately. "If I earned a spot at OPSH, I wasn't going to let anybody down," she says. And since then, Tabitha has never looked back.

Tabitha graduated with her associate degree this past January and is planning to earn her Bachelor's online while she works. "When you become a parent, you give your life to your kids. There are no papers to sign, but you give your life over to them without saying a word. All your choices revolve around them. This is the best decision I've ever made." Her kids are proud to watch her study, she knows. When you ask her to sum up how she feels about One Parent and the Hope Center, she says "It's really humbling to know that people out there actually care about someone like me. To anyone else I'm just a statistic. I'm trying to prove those people wrong. Life happened to me. I didn't make bad choices, life just happened to me. It means a lot that people actually care about the people that life happened to."

HOPE CENTER'S DETENTION CENTER PROGRAM SAVES LIVES!



More than 80% of inmates in the Fayette County Detention Center are incarcerated for reasons related directly or indirectly to drug or alcohol abuse. The Hope Center Detention Center Program offers both men and women the opportunity to start the Hope Center's Recovery Program curriculum while they are incarcerated. Many of these

clients are then transitioned into our residential recovery programs and our aftercare program.

Staff members Betty, Cassandra, Carlton and Tariq teach classes and hold community meetings as they guide our clients through the recovery process. Three of them are graduates of the Hope Center's recovery programs themselves, so they are able to pass on their first-hand knowledge and experience. Staff member Betty shares, "You can really see the clients blossom as they go through the program. They're not the people they once were." Cassandra says, "Recovery is about change, and we really do see changes while they're here, as they do the homework and start learning about themselves".

Volunteers also assist the jail program staff in teaching various classes. The women have classes on domestic violence issues and the men are able to participate in the 12 week class "InsideOut Dads", which focuses on parenting skills. The Hope Center Recovery Program in the Fayette County Detention Center serves over 100 inmates each year, and there is always a waiting list for both the men's and women's programs. The Hope Center meets our clients where they need us most, even in the detention center, where each life can be rebuilt with the right help.

HOPE CENTER WEBSITE GETS AN UPDATE



www.hopectr.org

The Hope Center website is a great way to keep up with what's happening here between newsletters! The new [hopectr.org](http://www.hopectr.org) is full of all the information you want about the Hope Center - client stories, volunteer opportunities, program information, ways to help, and easy online donation! From the homepage, you can also connect with our Facebook page, sign up for newsletters, find contact information, and learn about upcoming Hope Center events! Stay in the loop - and share the Hope Center with friends! Join us on the web at www.hopectr.org, on Facebook at [facebook.com/HopeCenterLex](https://www.facebook.com/HopeCenterLex), and on Twitter at [@HopeCenterLex](https://twitter.com/HopeCenterLex)

US, KENTUCKY SEE DRAMATIC RISE IN HEROIN OVERDOSES



"If it wasn't for the Hope Center, I would be in jail, or dead."

In March of this year, Attorney General Eric Holder acknowledged the rising number of heroin overdoses, calling the trend an "urgent and growing health crisis." Heroin overdoses increased by 45% between 2006 and 2010, and in Fayette County, there have been 44 fatal overdoses in 2013 alone.

"Since they closed the pill mills in Florida we've seen a dramatic increase in the amount of clients that report heroin as their drug of choice," says Chuck Gilliam, Hope Center Recovery case manager. "It's just scary that it's so easily attainable here in Lexington, where even two years ago it was hard to find."

Jake, a Peer Mentor, came to the Hope Center to overcome his decade-long heroin addiction.

Regarding the number of prescription opiate users that have switched to using heroin, he says, "It's easy to find, it's cheaper and stronger, so it was only a matter of time before it became the norm." Heroin's wide availability, strength, and low cost is what has helped make it so much more prevalent. What makes heroin much more deadly is that the strength of each dose can vary, and users never know exactly what they're ingesting. "Heroin is coming from so many different sources and it's cut in so many different ways that users may think they're getting something their body can handle, and if it hadn't been cut the way a prior dose was cut, you end up overdosing, and in many cases, dying," says Gilliam. "Overdose happens all the time," Jake says. "I flatlined three times before I was able to sustain a regular heartbeat. Waking up in the hospital with paddle burns, that was about as low as I could go."

The Hope Center has seen the effects of increased heroin use in several ways. Gilliam says, "We're staying on top of drug testing, increasing the number of tests we do, and keeping a vigilant eye out for symptoms of heroin use." There is no simple solution to the growing heroin threat, but Hope Center staff all agree that recovery is key in decreasing heroin addiction rates and, subsequently, overdose rates. "Once I realized that this was something that would kill me if I didn't stop, I knew I had to do something different," Jake said. "If it wasn't for the Hope Center, I would be in jail, or dead."