

The Springboard Center

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WHERE HAS THE TIME GONE?

It is hard to believe another year has passed and it is once again time for of our Fall Newsletter!

Time has flown by since The Springboard Center announced the opening of our new facility dedicated to treatment for adult men and woman and their families affected by addictive disease.

This past year was an exciting year! In 2009, The Springboard Center served over 373 individual clients and 747 family members, which exceeds our projected number of clients seen by 27%. In addition, we had a 73% successful completion rate and a 12% recidivism rate for all programs at The Springboard Center.

As we reflect on our successes this past year, we are reminded of the importance of the investment of time we receive from our Alumni, our Board, and the community. Not to mention, the financial support of private donations from individuals, families, and local foundations.

This support allows The Springboard Center to continue providing the highest quality counseling and treatment for those who have the ability to pay, as well as those who are financially challenged. Our clients, who come first at The Springboard Center, count on us to give them our best—this challenge holds us accountable in our work, and pushes us to look ahead to the future, while allowing us the opportunity to make a difference in their lives.

Board of Directors

- Eddie Wallace-Chairman
- Tim Baker-President
- Wallace Craig-Vice President
- Anne Hover-Secretary
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- Mark Howard
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- Mike LeMond
- Jerra Matticks
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With the holidays upon us.....

It is hard to believe a year has past since the Springboard Center showed their appreciation to Alumni, Staff, Board of Directors, and Friends of the Springboard, along with their guests by hosting an Appreciation Holiday Dinner. The dinner was catered by our own chef Guillermo Torres and Hermilla Ramirez. Beef and chicken fajitas, along with all the trimmings, were served to about 150 guests. Music and a gratitude meeting rounded out a “**MAGICAL EVENING!**”



CHRISTMAS IS
NOT AS MUCH
ABOUT OPENING
OUR PRESENTS
AS OPENING
OUR HEARTS

BERTHOLD AUERBACH, THE POET SAID:

MUSIC WASHES AWAY FROM THE SOUL..

THE DUST OF EVERYDAY LIFE.”



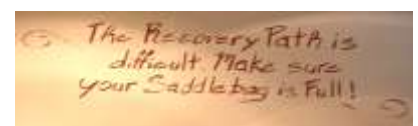
Music Appreciation is a multi-faceted group where clients are asked to listen to different musical selections here the music itself has a reflection on different aspects of the program of Alcoholics Anonymous and sobriety in general. The purpose of the group is to allow clients the enjoyment and cleansing that music in itself can bring but also strike home the idea that that recovery is all around us, if only we search. With The Springboard Center's extensive music collection, courtesy of Springboard employee Joshua Barnett, clients can realize that there is recovery in all kinds of music from country and western to blues and onto modern alternative rock and that they can find recovery in any type of music they wish. Music can bring forth ideas and emotions that have often lain dormant for many years. Not necessarily relaxing but always fruitful, Music Appreciation also helps clients to realize they can be expressive of their journey of recovery through their music.

DID YOU KNOW?

Alcoholism was acknowledged by the World Health Organization in 1951 as a serious medical problem. The American Medical Association declared alcoholism as a "treatable" illness in 1957, and began using the term "disease" to describe alcoholism by 1966.

The craving that an alcoholic feels for alcohol can be as strong as the need for food or water. An alcoholic will continue to drink despite serious family, health, or legal problems. The risk for developing alcoholism is influenced both by a person's genes and by his or her lifestyle. *Like many other diseases, it usually follows a predictable course; and it has symptoms. Alcoholism is a chronic disease, meaning that it lasts a person's lifetime;*

LOCAL RENOWN ARTIST RECENTLY DONATED HER TIME, AS WELL AS HER TALENTS, AND BROUGHT A LITTLE "SOUTHWESTERN FLAIR" TO THE SPRINGBOARD CENTER



THE SPRINGBOARD CENTER'S ALUMNI GROUP HELD THEIR FIRST ANNUAL TRAILHEAD BARBEQUE TO CELEBRATE INDIVIDUALS IN RECOVERY AND THEIR FAMILIES

On Sunday, September 19, 2010, a barbeque was held for Springboard Alumni, and their families, to honor the transformation in their lives today. The Springboard Center provided the brisket and beans, with others providing their favorite side dish, salad, or dessert—it was an old fashion “potluck.” Games such as volleyball, basketball, and croquet were enjoyed by young and old. With a total attendance of 125, we count this as a Springboard Center success.

THE SPRINGBOARD CENTERS CLIENTS: OCTOBER 1, 2010

*Springboard loves all its clients indeed;
They show us the way to live and be free,*

*They give us the tools to live a good life,
They truly want us to live and not die!*

*We must fight this fight, this awful disease;
It's kept us in chains, and brought us to our knees;*

*But now we are free, and the entire world can see.....
The life-changing values that Springboard gave me!!*



ANOTHER SUCCESS: DEBORA'S VICTORY

Let me introduce you to a young woman; lets call her Debora. Debora was a single mother to a beautiful little girl. Debora and her daughter lived with her father, but she struggled to stay clean and sober in that house. She thought moving out was the answer, but sobriety was still out of her grasp. After many years, trying different ways to end her addictions, which started out with alcohol and cocaine, then later she added “crack” to the mix. It was during that time that she lost her room-mate to a drug overdose—she knew the road she was traveling was headed no where—she stood at a turning point.

Debora came into our medical Detox program. She then she transferred into our inpatient residential unit after five days in Detox and began to learn how to walk down a different road. Debora successfully completed the residential program and with the help of our counselor, she and her daughter were able to transition to a sober-living environment.

Debora has 18 months clean and sober; has obtained her GED; and has enrolled in college to become a medical billing specialist. With the support of her sponsor and spiritual advisor, whom she meets with regularly, she has turned her life around. Though Debora still has many personal goals she wants to achieve—we, at The Springboard Center, consider Debora to be a success!



WHAT'S COOKING AT THE SPRINGBOARD CENTER.....

ADD SPICE TO YOUR LIFE.....

Every morning at The Springboard Center, Chef Guillermo serves his healthy authentic salsa.

His recipe includes fresh chile, tomatoes, garlic, onions, cilantro and his own special chef's spices. Clients enjoy it on their eggs in the morning or with any other dietician approved nutritious entrée on the menu throughout the day.

To try this delicious salsa at home, boil a fresh garlic clove, mix tomatoes, onions, chile, and cilantro and seasoned with your favorite spices.



BANANA MUFFINS

1 cup all-purpose flour	1 cup bananas, mashed
1/4 cup sugar	1 tablespoon baking powder
1/4 cup applesauce	1/2 teaspoon baking soda
1 egg	1/2 teaspoon vanilla extract

DIRECTIONS:

1. Preheat oven to 350 degrees. Grease muffin cups.
2. Mix together flour, baking powder, baking soda and salt. In a separate bowl, beat together banana, sugar, egg and vanilla. Stir in the applesauce and vanilla. Stir banana mixture into flour until just combined.
3. Scoop batter into prepared muffin cups. Bake in preheated oven for 15 to 20 minutes, or until a toothpick inserted into center of a muffin comes out clean. Let cool before serving.

A Simple Solution For Eating Healthy..

Water. Drinks are just as much part of a nutritional diet as food. Water is often forgotten about and should not be taken for granted. Drinking plenty of water helps rid the body of toxins, beautifies the skin, aids in digestion and increases metabolism. Green tea is also known to speed up metabolism and it has several of other health benefits when consumed regularly. So start practicing this simple solution today and begin eating healthier!

NEW FACES AROUND THE SPRINGBOARD CENTER



Tommy Poole, LPCI, LCDC

Tommy is a native of Odessa, Texas and has 18 years experience in the mental health field. He obtained his bachelor's degree in Psychology from UTPB in 1996, graduated Magna Cum Laude from Sul Ross University with a Master's degree in Education and Counseling.



Tommye Diller, LCDC

Tommye is also a native of Odessa, Texas and has been in the counseling field since 1995. She became a LCDC in 1997 and obtained her Master's Degree in Education in 2001. Tommye -----



Lori Rodman, LVN

Lori is a native of Stanton, Texas and received her LVN from Midland College. She worked in the medical detox arena for five years; then later transitioned into the Home Health field. After a few years, Lori realized that her heart belonged to individuals needing Detox.



Constance Roberts, LCDC

Constance is a native midlander who has worked in the field of Alcohol and Drug addictions since 1989, and been a LCDC since 1993. Constance recently joined the Springboard Center team coming from a background in working young people and their Families, Prevention, Cultural Diversity, and

On November 5, 2010, The Friends of the Springboard Center began hosting a series of luncheons, catered by our own Chef—Mr. Guillermo Torres, and include a tour of the facility. Featured guest speakers for these special lunches will include Mr. Russell Meyer, Midland Memorial Executive Director, as well as our very own **National Spokesperson, Ms. Jeanne Cooper.**



Ms. Cooper, the Emmy award-winning star of CBS daytime drama “The Young and the Restless” who plays Katherine Chancellor on the show has gone on the record with her own recovery from alcoholism. Cooper stated in a recent issue of **CBS Soap In Depth** will be “encouraging the citizens of the community to take stock of themselves and those who really have it, to give back.” recently started in Soap says the goal is to raise additional funds so that a much needed wing can be added to the facility in order to help restore the "health and dignity to individuals and families affected by alcoholism and drug addiction."

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" *FOUNDER'S CORNER* "



I want you to know what a terrific staff we have at The Springboard Center.

We have had individuals and their families go through our Medical Detox and Inpatient Residential Program and tell us that, "having been all over the United States ... the best care they received was right here in Midland."

My hat is off to everyone from the administration and admissions to our great medical and clinical team!

We are a significant piece of the Midland health care scene, working with Midland Memorials' emergency room and staff as a part of a contract we have with the hospital. Over 200 individuals have been treated as a result of that relationship. So, you can see why we are excited to be able to talk about expanding to meet treatment and staffing needs for the present and future.

Thank you for your continuing support of this valuable asset in Midland.

Tim Baker, MAC, LCDC, AAC
Founder and COO