

## In This Issue:

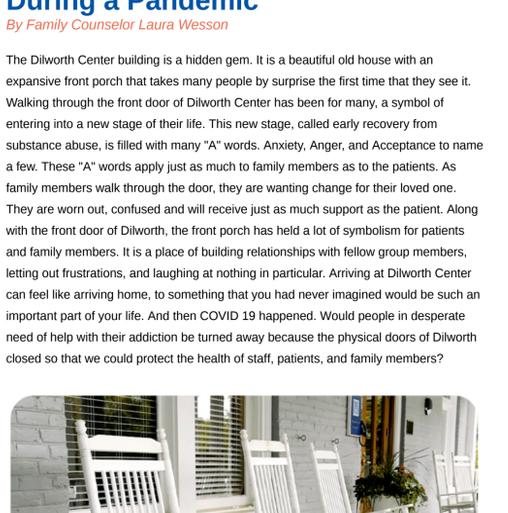
- Reflections on Treatment During a Pandemic
- CARF, COVID & Commitment
- Charlotte CEO Provides National Leadership for Addiction Treatment Field
- Dilworth Center CEO Leads By Example
- Tune in to 'Chat with Charles' on Social Media!
- There are Many Ways to Give

### Save the Date!

- Mental Health Advocacy - March 9<sup>th</sup> Christ Church
- Virtual Professionals workshop with Pavilion - March 19<sup>th</sup>
- Chris Herren Speaks at MPHS - September 8<sup>th</sup> 6 PM
- Chris Herren named Keynote Speaker for Scholarship Breakfast - September 9<sup>th</sup> 8 AM

### Missed an Issue?

[Catch up on past newsletters!](#)



## Reflections on Treatment During a Pandemic

By Family Counselor Laura Wesson

The Dilworth Center building is a hidden gem. It is a beautiful old house with an expansive front porch that takes many people by surprise the first time that they see it. Walking through the front door of Dilworth Center has been for many, a symbol of entering into a new stage of their life. This new stage, called early recovery from substance abuse, is filled with many "A" words. Anxiety, Anger, and Acceptance to name a few. These "A" words apply just as much to family members as to the patients. As family members walk through the door, they are wanting change for their loved one. They are worn out, confused and will receive just as much support as the patient. Along with the front door of Dilworth, the front porch has held a lot of symbolism for patients and family members. It is a place of building relationships with fellow group members, letting out frustrations, and laughing at nothing in particular. Arriving at Dilworth Center can feel like arriving home, to something that you had never imagined would be such an important part of your life. And then COVID 19 happened. Would people in desperate need of help with their addiction be turned away because the physical doors of Dilworth closed so that we could protect the health of staff, patients, and family members?



March of 2020 brought about many long and intense conversations among the Dilworth staff. Can we provide high quality treatment to people virtually while they are sitting in their homes? Will it work? The answer is YES! Dilworth took a huge leap of faith and without any pause in treatment, transitioned from an in person to a virtual environment. Dilworth's number one priority is the care of the patients and the care of the family members. The Dilworth Center staff walked through the doors of virtual treatment with Anxiety of whether or not we could make Telehealth for addiction treatment work, Anger that this huge change was disrupting a very successful in person program, and Acceptance that the health of each patient and family member was worth it. The virtual treatment is working. Patients and family members are continuing to unlock their door to recovery. While the physical building of Dilworth has been a symbol of recovery and hope, What we have learned is that the true symbol of hope and recovery lies in each of the Dilworth employees that continue to care and advocate for the patients and their families. It has been worth the effort. If you or a loved one is suffering with addiction, reach out. It can open the door to a life of peace and contentment that you have never imagined.



## CARF, Covid & Commitment

We are thrilled to announce that Dilworth Center has earned its three-year CARF (Commission on Accreditation of Rehabilitation Facilities) accreditation with no improvement recommendations.

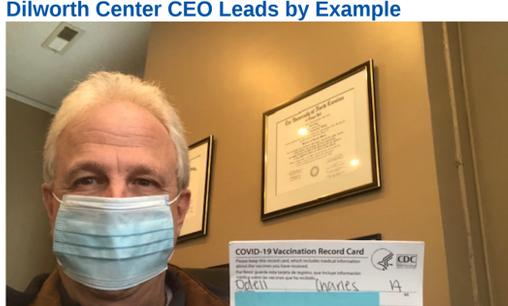
**This is a rare and exceptional accomplishment achieved on only 3% of CARF surveys. Furthermore, this is the second survey in a row in which Dilworth Center has earned a perfect score.**

CARF Accreditation signals a service provider's commitment to continually improving services, encouraging feedback, and serving the community. Providers that meet CARF's stringent standards have demonstrated their commitment to being among the best available in their industry.

CARF's surveyors noted, "Dilworth Center provides outstanding services to all patients who come for help. Leadership is laser focused upon slow, measured growth as the COVID-19 pandemic allows. There are still challenges to face, and the staff has united as one to face and get through whatever is next. Dilworth Center is highly respected in the Charlotte community and beyond."

**"It's difficult for me to express how proud I am of the entire Dilworth Center team. Simply put, this is the most exemplary and talented group of people with whom I have ever worked. Their unbridled dedication to the Center and its mission are without parallel. I feel privileged to be a part of it."**

**-Dilworth Center's CEO & President, Charles Odell**



## Charlotte CEO Provides National Leadership for Addiction Treatment Field

Charles Odell was born and raised in Charlotte. "I love Charlotte," explains Odell. "I decided a long time ago that I wanted the opportunity to give something back to the community that has given so much to me." As CEO and President of Dilworth Center, a local non-profit alcoholism and addiction treatment center, Mr. Odell has been helping people find recovery for nearly 40 years. "I've made this my life's work," declares Odell. "I believe everyone who suffers from a substance use disorder has the capacity to recover."

Mr. Odell now has the opportunity to take his leadership skills to the national level. In 2020, he was elected to the Board of Directors of the National Association of Addiction Treatment Providers (NAATP). NAATP is the preeminent trade organization for the addiction treatment field. Their membership includes over 1000 treatment programs throughout the country, including world-wide leaders such as the Hazelden Betty Ford Foundation. Mr. Odell serves with 20 other Directors from across the country on the national Board.

Odell's position at NAATP has contributed to Dilworth Center becoming recognized as a national leader in alcoholism and addiction treatment. Dilworth Center was the first outpatient treatment program in the country to implement NAATP's comprehensive Outcomes and Measures Program (OMP). The OMP allows treatment centers to standardize and modernize a replicable way to track outcomes, identify improvement strategies and quickly implement those improvements. Dilworth Center is viewed nationally as a model for successful OMP implementation.



(Pictured above: Two findings from the Dilworth Center OMP, featured in our "Measurement Monday" social media series)

Future NAATP projects include the development of a national database of treatment center outcomes based upon information drawn from the entire NAATP membership. Information from the database will provide a platform for research and analysis for many years to come. "The primary beneficiary is our patients," explains Odell. "If the treatment industry as a whole does a better job, more people will find long-term, robust recovery."

Despite COVID-19 being a primary healthcare concern, substance abuse remains at an all-time high with overdoses continuing to skyrocket. Additionally, COVID has exacerbated substance abuse problems in Charlotte Mecklenburg. "People are using more substances and isolating more," states Odell. "Dilworth Center will continue our work both locally and nationally to help as many people as we can. The need for effective care has never been greater."

## Dilworth Center CEO Leads by Example



Dilworth Center's CEO, Charles Odell proudly displays his first round of the COVID-19 vaccination.



## Follow us on social media and catch the next "Chats with Charles"

Dilworth Center recently launched a new 'Chat with Charles' video series on Facebook and Instagram! The series will run once monthly, with Charles addressing various topics on addiction in a comforting, informal manner.

### Episode 1

**Does Treatment Really Work?**

In this episode, Charles recalls an interaction with an old friend and their reaction to his own recovery experience.

[Watch Now!](#)

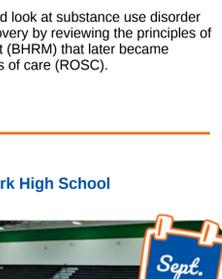


### Episode 2

**Recovery is a Family Affair**

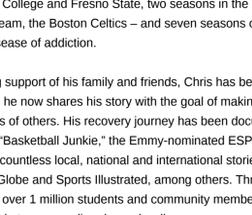
In this episode, Charles recalls how he came to understand that both addiction, and recovery are "family affairs".

[Watch Now!](#)



Have a topic you'd like Charles to discuss? Email [cynthia@dilworthcenter.org](mailto:cynthia@dilworthcenter.org) to share your idea.

## There are many ways to give to Dilworth Center



### Gifts to Honor and Remember

Gifts made in memory of a family member or a loved one are a perfect way to pay tribute and honor their life. Gifts in honor of someone special are a meaningful way to commemorate the importance of an individual or group and how they have impacted your life and the lives of others.

### Employer Contribution Matching

Consider setting up a matching contribution through your employer when you donate to Dilworth Center.

### Support Us While You Shop!

AmazonSmile is a simple and automatic way for you to support Dilworth Center every time you shop, at no cost to you! First, go to [smile.amazon.com](https://smile.amazon.com) to log in. Select Dilworth Center as your charity of choice. AmazonSmile Foundation will donate .5% of your purchase to Dilworth Center.

### Universal Charitable Deduction In Effect for 2021

The pandemic relief bill signed by President Trump in late 2020 extends the \$300 universal, above-the-line deduction for non-itemizers through 2021 and also allows joint filers to deduct up to \$600. This deduction only applies to cash gifts and does not apply to cash gifts to donor-advised funds or supporting organizations. The bill also extends the temporary increase of the adjusted gross income limits for cash gifts through 2021 (100% of AGI for individuals, 25% for corporations).

[CLICK HERE TO GIVE](#)



## Mental Health Advocacy - March 9th

Christ Church Collaborates with Dilworth Center



On March 9<sup>th</sup>, Christ Church will be facilitating a conversation about mental health care in Charlotte. Charles Odell will be speaking about how Dilworth Center helps address mental health needs in Charlotte as well as areas our community can improve upon and ways to help.

### Christ Church's Website

Interested in our CEO speaking at your place of business or faith organization?

Please contact Margaret Larrea at [mlarrea@dilworthcenter.org](mailto:mlarrea@dilworthcenter.org) for more information.

## Virtual Professionals Workshop - March 19th

Pavilion and Dilworth Center host another online workshop



This presentation will provide an updated look at substance use disorder treatment and supports for ongoing recovery by reviewing the principles of behavioral health recovery management (BHRM) that later became formalized as recovery-oriented systems of care (ROSC).

[Register for this workshop here!](#)

## Chris Herren Speaks at Myers Park High School

September 8, 2021



This September, MPHS will host Chris so that members of the Charlotte community can hear his incredible journey of recovery. An extraordinary basketball player, Chris Herren was a celebrated star in his native Fall River, MA before graduating high school. He went on to play at Boston College and Fresno State, two seasons in the NBA – including one with his hometown team, the Boston Celtics – and seven seasons overseas before losing it all to the disease of addiction.

With the unwavering support of his family and friends, Chris has been sober since August 1, 2008, and he now shares his story with the goal of making a positive difference in the lives of others. His recovery journey has been documented in the bestselling memoir, "Basketball Junkie," the Emmy-nominated ESPN Films documentary, "Unguarded" and in countless local, national and international stories by The New York Times, The Boston Globe and Sports Illustrated, among others. Through Herren Talks, Chris has spoken to over 1 million students and community members, sparking honest discussions about substance use disorder and wellness.

## Chris Herren named Keynote Speaker

For 5th Annual Christina Browning Key to Recovery Scholarship Breakfast



Dilworth Center is excited to announce that Chris Herren will also be the keynote speaker for the 5th Annual Christina Browning Key to Recovery Scholarship Breakfast on September 9th. Please be sure to mark your calendar for this exciting and inspirational event.