



OUR TURNING POINT

Meeting the needs of our community, beginning with chemical health.

Turning Point, Inc.

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Greetings from Our President



Dr. Peter Hayden

*Photo by
Walter Marmillion*

Thank you to the Turning Point Family all over the country for honoring me at the 4th Annual Turning Point Honors Gala & 40th Anniversary Celebration on June 10. We received a great deal of support for this event, and donations are still coming in. You need to know that we turned 40 years old because you trusted and supported us, and I need to thank some of the people who made the evening so special to me.

A great thank you goes to the team that produced the video shown at the Gala: Liz Reed who produced it, Van Hayden who directed it, Rex Purefoy and Jim Ankeny who were the videographers in Kansas City and Minnesota, respectively. From birth to the present, the video explained why I became the co-founder of Turning Point.

One of my greatest mentors, Dr. Frances Brisbane, gave me a

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A Night Full of Memories

by Elizabeth Reed
Chief Operating Officer



Our 4th Annual Turning Point Honors Gala was held on June 10, and it was a night filled with memories. This event celebrated the 40-year anniversary for Turning Point, and of course we cannot celebrate Turning Point without celebrating the co-founder and current President Dr. Peter Hayden.

We had a full house and as the young people say, “we were jamming.” The evening started and ended with videos featuring old and new music (through history we have told our story through music). We started with “What’s Going On?” by Marvin Gaye which as many of you know is about the changes we are still trying to make happen. We ended with “Whatta Man” by Salt-N-Pepa, which was referring to Dr. Hayden and his wonderful service to the community and Minnesota.

As I am writing this article I think about the journey I have been on since starting to work at Turning Point. Turning Point is a very special place and I sometimes wonder if our community really understands the great things that happen here. We truly change lives and I am so proud of the work we do under the guidance of Peter. Our keynote speaker at the Gala, a practicing attorney and state representative in Florida, talked about how his life changed after treatment here.

I can’t count the number of people who have come up to me and said “Thank you, Turning Point saved my life” or “Turning Point saved my family.” As we begin to celebrate another 40 years, I give thanks that I am part of the journey of Turning Point and Peter.

I know you were expecting me to talk about who was there, and what was on the program, how much money we made, the speakers and so on, but in my heart I needed to say, “Job well done Turning Point and Dr. Hayden and keep on doing what you do because it works.”



Planning Committee Members (L-R): Steve Robinson, Dorothy Jones, Angela Reed, Marsha Morey-Rasheed, Zedrick Blake, Michelle Edwards, Kim Weaver. *Photo by Walter Marmillion*

The other thanks I want to give is to the Planning Committee. Without them and their suggestions, organizational skills, and hard work our event would not have, in my opinion, been such a huge success. Thank you, thank you, and thank you!!!

As always “we make a difference, one life at a time.”

MISSION
VISION
SERVICE

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Chemical Health Division Reunites Clients with Families



Photo courtesy of bing.com.

by **Greg Jones**
Chemical
Health Director

Clients entering substance abuse treatment enter with a myriad of corresponding challenges which

either preceded their substance use, or result in family problems, legal, financial, or medical challenges. Research also shows that some clients have experienced poor work histories as a result of their substance use.

Studies are clear that the therapeutic involvement of clients' families throughout the treatment recovery process is associated with improved treatment outcomes, and improved family functioning. Families who have a member receiving treatment often operate under the belief that the family member is the *Identified Client*, when in actuality the entire family is the client, because the substance use of one impacts the entire family as a whole.

One of the many tasks of substance abuse treatment for clients and their families is educating them about

substance use disorders, and about the recovery skills necessary for the individual to live a recovery lifestyle after treatment and in the community, and for the client and his/her family to live a family recovery-oriented lifestyle.

For this reunification to further work, while in treatment the family (and it may just be one family member who is close to the client in treatment) needs to have the opportunity to experience catharsis and express their emotions about how the client's substance use has impacted the family.

Treatment provides an opportunity for the family to vent, and it also affords the opportunity for the client to rebuild trust with their family, and for both to continue the gains made even after the client leaves treatment, which usually continues with aftercare.

Another element which aids in reunification after treatment is if the client and his/her family will continue to strengthen the gains they've made by attending organizations like ALANON or Families ANONYMOUS. Substance abuse treatment works best when a client has the support of family and uses essential life skills and personal development of faith, unity, and self determination to build the bonds of family.

Client Activities

On April 1 Turning Point staff took clients in the residential treatment program to Westminster Church on Marquette Ave. in Minneapolis to help serve at the "Empowerment Tea" for National Women's and Girls HIV/AIDS Awareness Day.

Clients attended an on-site Hiring event in Brooklyn Park on April 25.

The Capri Theatre on Broadway held a special showing of the movie

Purple Rain on April 30 in honor of Prince, who passed away on April 21. Turning Point clients attended.

June 4 saw the clients attending "From Death to Life: A Mother's Initiative" sponsored by MAD DADS and MOM'S DIVISION.

The Mobile Jazz Project Summer Concert Series came to North Commons Park on June 8, and clients were able to walk to the

park, enjoy the weather and the music.

These special events were in addition to the regular activities of visiting the Salvation Army gym twice a week, giving clients a chance to get out of the building and get some exercise.

Turning Point continues to host the Soul Food Sundays twice a month. These special dinners feature traditional soul food, and clients are allowed to invite

their family members or friends to share this meal with them.

Turning Point provides regular activities for our clients in keeping with our holistic culturally specific approach to treatment.

"It's to make sure they stay current and be part of something larger than themselves," said Cedric Williams, Operations Manager. "It's also part of keeping them connected to the community."

Ms. Bea's House Offers the Next Step in Recovery

by **Stephen Robinson**
Housing Director

In conjunction with our Best Practices, Turning Point has established a continuum of services that addresses the after-treatment needs of our clients (African American men), particularly those with histories of drug and alcohol addiction and homelessness.

Ms. Bea's House is the next step in the recovery process. It addresses the often asked questions "What now?" and "Where do I go from here?" As a 32-bed, room and board facility, Ms. Bea's has served over two-hundred and fifty homeless African American men from a cultural perspective since its opening in 2012.

The facility operates on a case management service model that focuses on addressing at least five of the contributing factors

leading to addiction: stress, homelessness, unemployment, education, and access, all of which have received individualized case management service. Of the 250-plus residents, 193 (or 77%) have come straight from Turning Point's treatment program. Another 41 have shared addiction-related issues that partly brought them to a state of homelessness and ultimately to Ms. Bea's.

A bed and three meals a day provides some of the stress relief. Our case management in collaboration with the Goodwill Easter Seals Employment and Training staff has been able to support the efforts of 79% of the men coming through the program. Our combined efforts have enabled us to help them secure full or part-time employment, college or a career training program. The average length of stay is about eleven months, after which



Ms. Bea's House, room & board facility of Turning Point.

Photo by Walter Marmillion

time approximately 58% have moved on to permanent housing either through Minnesota Housing Authority, Catholic Charities or other community connections.

As part of our continuum, Ms. Bea's residents who have achieved their established personal goals become eligible to move on to our (GRH) Supportive Housing Program or Single Adult Housing Program

apartments. By the time he has traveled through the continuum he is confident, clean, self-supporting and has community resource information. More often than not he has established a positive inner circle support system of friends, introduced some level of spirituality into his life and re-connected with his family.

President Expresses Personal Thanks for Honors Gala

President's column—continued from page 1

foundation of success that is based on valuing the work. She taught me that if you concentrate on accomplishing your vision, time will allow it to grow and flourish. I want to say thank you to Dr. Brisbane not only for mentoring me but for traveling from New York to be with me at the Gala.

The keynote speaker for the evening was Darryl Rouson. A successful attorney and legislator in Florida, he is also a Turning Point alumnus. I want to thank him for delivering the "client speech." His remarks made it clear for the men and women who come through Turning Point on a daily basis that you can't forget the program or the fellowship. If you remember what you learned at Turning Point, you'll have the tools to help you maintain your recovery.

Sobriety saved my life, and it allowed me to appreciate my wonderful family. I want to thank the cast of the Hayden family for their ongoing support and love: Joyce, Jeff, Taylor, Erin, and Sydney. Several other extended family members appeared in the video or attended the Gala, and I appreciate each one of them.

Finally, none of this would have been possible without Liz Reed, Chief Operating Officer of Turning Point. After all the excitement had died down, Liz asked me if I was pleased with the evening. Now I can tell her and everyone reading this: It was great. I will always cherish our friendship, professionally and personally. I treasure the way you give of yourself to every life you touch. Thank you for one of the most memorable evenings of my life. I will never forget it.

Division Provides Support through Service

by Angela Reed, Support Services Director

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery is built on access to evidence-based clinical treatment and recovery support services tailored to meet client needs.

SAMHSA has delineated four major dimensions that support a life in recovery:

- **Health**—overcoming or managing one’s disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being.
- **Home**—having a stable and safe place to live.
- **Purpose**—conducting meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.
- **Community**—having relationships and social networks that provide support, friendship, love, and hope.

Support services help people with substance use

disorders manage their conditions successfully. Today, when individuals with substance use disorders seek help from Turning Point, they are met with the knowledge and belief that they can recover and manage their conditions successfully. A person’s recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. As a holistic approach agency we address the whole person and their community.

Recovery occurs via many pathways. Because setbacks are a natural part of life, Turning Point offers a highly individualized process where support services are flexible.

The incorporation of a full range of social, legal, and other services that facilitate recovery, wellness, and linkage to and coordination among service providers, and other supports is shown to improve quality of life for people in and seeking recovery and their families.

Individuals, families, and communities that have experienced social and economic disadvantages are more likely to face greater obstacles to overall health.

Turning Point is committed to addressing these health disparities by providing culturally and linguistically appropriate prevention, treatment, and recovery support programs.

Board News: Turning Point Increases Financial Health



by Aaron Velick
Board of Directors,
Treasurer

Our Chairman of the Board Harold Mezile always reminds us “no money, no mission,” and I am here to report that we can independently continue on our mission. This statement has been a driving force behind many of the long-term and short-term decisions we make on the Finance Committee.

As we celebrate 40 years of Turning Point, I think it is important to realize that Peter Hayden made a decision to run it as a business a long time ago. This decision was not made out of greed, but rather the ability to provide

the services he believed would make a difference for the community we serve.

While Turning Point originally started as a chemical health organization, we have diversified and now we are able to offer housing, supportive services and training. Through all of the growth we have been able to keep our mission laser-focused on culturally specific solutions for the needs of the community.

As the Chairman of the Finance committee I am proud to report that our financial position remains strong. We have been able to continue to retire long-term debt and meet all of the short-term financial goals that we have set. None of this would have

been possible without the commitment of the staff on a daily basis.

Over the last several months we have gone through a yearly financial audit to confirm and certify all of our financial progress. I have been presented with the draft of the audit and have reviewed it. The formal report will be presented to the Board of Directors during the July meeting. I am sure the Board will concur that financially we are on the right track.

It is very fitting that as we celebrate 40 years of Turning Point we are in a great position to carry on our mission for a long time to come.

Keeping Up with the Turning Point Family

COMMUNITY NEWS AND MESSAGES

Marsha Morey-Rasheed would like to give Dr. Hayden a personal congratulations on his success. 40 years—job well done!

Woodrow Jefferson "What an awesome time at the 40th. I'm looking forward to the next 40 years."

Zedrick Blake says, "Great job, Planning Committee."

Dorothy Jones offers kudos to the Chemical Health Division, to the awesome staff who gets things done, and for being full in the Outpatient Program. Outpatient is doing great, both the morning and evening groups.

Glenda Eldridge sends a shout-out to her church, Living Word, and to Apostle Ford. She thanks them for always coming to her rescue and for never judging her for anything. She also congratulates Apostle Ford on his 40 years of service to the Lord.

John Reed congratulates Dr. Hayden on 40 years of service. "God has blessed you."

BIRTHDAYS

July through September

Gary Farr	July 4
Comer Henry	July 9
Kim Weaver	July 19
Vanessa Lark	July 29
Liz Reed	August 2
Greg Jones	August 9
Zedrick Blake	August 21
Cedric Williams	September 4
Robert Williams	September 7
Patricia Carter	September 15
Kermit Hill	September 29
Michelle Edwards	Sept. 30

ANNIVERSARIES

July through December

Greg Jones	24 years
<i>Chemical Health</i>	7/1/1992
<i>Division Director</i>	
Woodrow Jefferson	5 years
<i>Community Services</i>	7/6/11

Outreach Manager

Kim Weaver 5 years
Human Resources 7/18/11
Manager

Adrienne Lamson 1 year
CD Counselor 7/20/15

Mitch Wersal 1 year
CD Counselor 8/10/15

Darryl Lewis 2 years
Cook 8/28/14

Gary Boatwright 5 years
Linkage Coordinator 9/13/11

Kermit Hill 1 year
Van Driver 9/16/15

John Reed 1 year
Facilities Worker 9/18/15

Anthony Wallace 1 year
Linkage Coordinator 9/20/15

Marsha Morey-Rahseed 1 year
Case Manager 9/28/15

CHANGES

Eric Bacon
Clinical Supervisor-contract
started 1/11/16

Jerry Smith
Linkage Coordinator
went to full time 6/2/16

back to on-call 7/8/16

Comer Henry
Outpatient CD Counselor
start date 7/5/16

HELLOS

Juahem Byrd-Mix
Linkage Coordinator
started 3/21/16

Ronald Battles
Facilities Worker
started 4/6/16

Ramone Robinson
Linkage Coordinator
started 4/8/16

Bridgit Michaud
Outreach Worker
started 4/29/16

GOODBYES

Dwayne Hicks
LADC Facilitator
last day 11/4/15

Kante Thorpe
Linkage Coordinator
last day 4/2/16

Juahem Byrd-Mix
Linkage Coordinator

Turning Point Honors Dr. Hayden and Celebrates 40 Years

Photos by Walter Marmillion



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Thanks to Our Donors

Turning Point thanks Brandy and Katie Liddle, both of whom donated this quarter through the United Way.

Mrs. Helen Bassett donated men's clothing to our clients in May. Many of our clients come to us from living on the streets and clean, decent clothing is a great gift to them.

Estate Maven donated furniture, household items and clothing from one of their estates. These items will benefit clients in several of our programs.

Several staff members also donated this quarter through payroll deductions: Zedrick Blake, Jeff Cayo, Michelle Edwards, Woodrow Jefferson and Cedric Williams.

Turning Point thanks everyone who helps us make a difference in people's lives every day!

Resources

Community Paramedics

Available for walk-ins Monday thru Thursday, 8:30 a.m. to 12:30 p.m. at 1500 Golden Valley Road.

Residential Treatment or Outpatient Treatment

If you are seeking chemical dependency treatment, call Chemical Health Division Director Greg Jones at 612-520-9181.

Aftercare

Support meeting at Turning Point, Fridays at 7 p.m. in room 142.

Housing

If you are seeking housing, call Housing Division Director Steve Robinson at 612-520-9190.

Training Seminars and Services

Turning Point offers cultural training opportunities with the educational philosophy that "one size does not fit all."

Our trainings are individualized based on the specific needs and barriers of each student group, with topics such as communication, compassion fatigue and avoiding unintentional racism.

For more information or to schedule a training consultation, please contact:

Elizabeth Reed

Chief Operating Officer

elizabeth.reed@ourturningpoint.org

612-520-4004