Greetings from Our President

by Dr. Peter Hayden

Today I want to talk about how Turning Point has survived for 40 years.

Turning Point started out as a grass-roots organization, filling a need in the African American community. There was no one providing holistic chemical dependency treatment tailored for African Americans.

Turning Point started as a Halfway House because it was always envisioned as treatment for African Americans provided by an African American agency. In the mid-seventies, there were very few African American professionals (such as licensed counselors, social workers, physicians, nurses – all required for treatment centers at the time) available to staff the facility.

We began with what we could do, and built a program that convinced the existing establishment of the value of Afro-centric...

Addressing Disparities: So Where Do We Begin?

by Elizabeth Reed
Chief Operating Officer

We all know there is a great concern regarding the disparities (in health, education, unemployment, etc.) in the African American community. One of the things Turning Point does to address those disparities is to provide Support Services through our Culturally Specific Service Center at our location at 1500 Golden Valley Road.

I am a believer that if you take one step at a time you will not be overwhelmed by all that needs to get done. With that in mind, let’s take one disparity and look at a possible solution to that one thing. The disparity I chose is unemployment. One thing that resonates with me is very simple: businesses need employees and African Americans need jobs.

I recently read in MSP and was delighted to hear about the US Bank UNCF Ujima Scholar Program. However, based on working in the community for over 15 years I couldn’t help but think about what we are doing to help the ones that are living in poverty and can’t get a job because of the barriers associated with the other disparities. This is the group that makes up the largest percentage of unemployed.

For the ones living in poverty and can’t get a job because of the barriers associated with the other disparities...

Social service organizations and businesses need to come together with the understanding that it can be difficult for an African American to seek or maintain employment when their life needs are not being met. The Minnesota Compass Data shows that an African American is more likely to live in poverty and less likely to graduate from high school. In many cases maintaining employment is every bit as difficult as getting the job. Many need support on how to deal with all the barriers associated with poverty and work at the same time.

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

Inside this issue:

- Chemical Health Division
- Housing Division
- Support Services Division
- From the Board
- Anniversary Plans
- Community News

Peter Hayden and Liz Reed had the honor of meeting recently with Governor Mark Dayton.

“It’s not often you have the opportunity to spent an hour with the Governor and we took full advantage of the occasion. We talked about our growth over the past few years, and how we are dedicated to improving our community,” Liz said.
Impact of Substance Use on Clients with Diabetes

by Greg Jones, Chemical Health Director

Substance abuse is described as the excessive use of a substance such as alcohol or drugs that results in significant clinical impairments as well as the loss of ability to function academically, professionally, and socially. An individual who was healthy before the substance abuse began will typically begin to experience serious health problems over time, but extensive damage may be avoided or reversed if effective substance abuse treatment is received.

This is not the case, however, for individuals who have been diagnosed with diabetes, and although this is a manageable disease with proper treatment, substance abuse may cause it to become life-threatening. Diabetes, also referred to as Diabetes Mellitus, is a condition in which the body is unable to properly regulate blood sugar levels. There are two forms, known as Type 1 and Type 2 diabetes.

In order to understand the difference between the two types, it is necessary to understand the role insulin plays in the regulation of healthy blood sugar levels. The pancreas normally responds to increasing blood sugar levels by initiating the production of the hormone known as insulin. As insulin levels increase, it signals the transfer of glucose into cells throughout the body and it ensures glucose will be stored in the liver in order to prevent high blood sugar levels.

Although diabetes is a manageable disease with proper treatment, substance abuse may cause it to become life-threatening. Type 1 diabetes (which is commonly referred to as juvenile or insulin-dependent diabetes) develops due to the loss of cells in the pancreas which are responsible for producing insulin. This causes either no insulin or miniscule amounts to be produced. Type 2 diabetes occurs when the pancreas doesn’t make enough insulin, or the cells of the body become resistant to insulin.

One of the main problems that can occur from taking illicit drugs is that often individuals with diabetes forget to eat properly, which can lead to an alarmingly low blood sugar. Additionally, diabetic clients may also forget to administer their regularly scheduled insulin injections or set their pump improperly. Doing either can lead to dangerously high blood sugar levels. Substance abusing clients who present with diabetic challenges should partner with their doctor to maximize comprehensive care.

Client Shares His Success Story, New Purpose

Jerome Maxie is a real success story. He is sober, confident, full of plans and purpose. He loves himself and his life, and credits Turning Point’s programs and staff for helping him achieve it.

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Homelessness Continues to Rise

by Stephen Robinson
Housing Director

People living in emergency shelters, on the streets, under bridges, abandoned homes and behind dumpsters has been an ever growing concern. Over the past 10 - 20 years local, state and federal government officials along with non-profit agencies have devoted vast amounts of human and financial resources toward a national problem that just won't seem to go away.

In his 2016 budget, President Barack Obama has allocated upwards of 5.5 billion dollars to address the homelessness issue nationwide. His budget specifically targets youth, children, families and veterans.

A recent article in the StarTribune indicated “the decade-long quest to end homelessness in Hennepin County has yielded discouraging results. The number of people without homes hasn’t dropped. It has risen.” The article went on to say “There are 231 more homeless people living in the streets, in emergency shelters or transitional housing in Hennepin County in the final year of the push than when it began in 2007.”

In 2015, Turning Point provided shelter through our Transitional and Supportive Housing, Board & Lodging and Adult Low Rent Housing for 171 people. Each of them had nowhere else to go when they came to Turning Point. Most were not only homeless but had no employment and just what they had on their back or in one or two bags. Some faced a waiting list for housing longer than they could wait.

Many of them were either the working poor or another rapidly increasing demographic: older adults on Social Security. This implies either a shortage of senior centers or a significant population unready for senior living.

There’s no doubt a long recession and raising rental costs are players in this issue, but what we do and what we are going to do about it remain questions needing answers. It appears we may have to take stock and re-evaluate our strategies as the gap between the haves and have-nots continues to grow ever wider.

President on Turning Point’s Survival — continued from page 1

treatment services – Turning Point’s foundation of culturally specific services.

Another essential element of Turning Point’s survival was the people we hired. In the early days, we looked for people who were committed to serving our clients and to the organization, and who were often in recovery themselves. If they were lacking any degrees or training, we were able to work with them and help them achieve those things.

As Turning Point continued to serve clients, refine programs and build experience, the organization began to position itself as a model for providing culturally specific services long-term. Turning Point found a way to stay relevant by understanding the people and the community we serve. From our beginning as a Halfway House, Turning Point now offers not only chemical health services but also housing and support services such as continuance of care, HIV education and training seminars.

Another key to Turning Point’s survival has been forming partnerships with other organizations. We learned it was smarter to form partnerships with those who could meet some of the needs of our clients rather than trying to do everything ourselves. This led to the formation of the Culturally Specific Service Center (CSSC). The CSSC is an arrangement where other service providers come into our building to offer their services to our clients. The CSSC has provided our clients with access to legal consultations, mental health counselors, employment training/search organizations and others.

Our work with the CSSC led to a connection with North Memorial Hospital, a local institution looking to improve their service to and relationship with the community they serve. Together, we are providing better access to health care, right in the heart of the community.

None of this could have happened without a strong board of directors, a staff that is dedicated, and blessing from a higher power. Turning Point has survived for 40 years, and the need is still here. We expect to be here for the next hundred years.
Support Services Division Provides Resources

by Patricia Carter
EHDI Coordinator
Sista Program Coordinator

It is with great honor and excitement that I share about the wonderful things that are going on with the Turning Point. SISTA Program! In January of this year Turning Point partnered with The Transformation Natural Hair School for Weaving and Braiding.

The owner of the school, Mary Milton, has been in the hair business for over 30 years. Mary is a woman with a wealth of knowledge and a passion for teaching other young ladies about how to successfully become entrepreneurs in the world today where so many of our African American women are wearing natural hair.

With our collaboration, the SISTA Program is currently conducting one-hour classes each week. We talk about HIV/AIDS education with hair weaving techniques and using the needles to sew in the hair. We also discuss the positive impact when we verbally use affirmations daily, the concepts of individual/group empowerment to win in everyday life. And also the rich culture that we pass down from generation to generation.

I had the honor of being one of the student’s hair models that day; she demonstrated the technique of braiding corn rows. I was very impressed with the student’s professionalism and promptness to complete the task in a timely manner!

The school is getting off to a tremendous start and the students are very excited and motivated to learn new things, to implement those tools and succeed. Our young ladies today can really benefit in every way from the education, empowerment and enrichment to succeed in their lives! What a wonderful opportunity to share in the lives of other young ladies, thanks to Turning Point’s commitment to making a difference, one life at a time.

Addressing Disparities—continued from page 1

Minnesota Businesses are becoming more and more racially diverse and people of color continue to make up a large part of the workforce. Businesses need to attract and retain African American employees and have the ability to identify habits and ways of thinking that may impact cross-cultural interactions.

Now to the solution. Turning Point has a training program that provides culturally-based training for both businesses and future/present employees. There are two tracks: one for the employees which focuses on building life and job skills. We also teach participants how to overcome barriers to success. The second track is for business managers.

The managers develop cultural competence in order to better serve and support their diverse employees.

This approach will require support from both the social service organizations and the businesses, but I believe this can have a large scale impact on addressing unemployment in the African American community, especially among the ones that are living in poverty.

If your organization or business is interested in hearing more about our training, please contact Angela Reed at 612-520-4004 or e-mail her at angela.reed@ourturningpoint.org.

Always remember we change lives, one person at a time.
TP Welcomes New Board Member

Ravi Norman has joined our Board of Directors. He is the CEO of Thor Construction, Minnesota’s largest African American company, and has been with them for 10 years. He has managed the firm’s financial operations as well as their strategic planning processes. He has a background in corporate finance with over 18 years’ experience.

Ravi has a strong commitment to the African American community. He is currently serving on the Boards of the Minneapolis Regional Chamber of Commerce, the Greater MSP, Summit Academy OIC and Urban Homeworks. He is also on the ITASCA Task Force for Socioeconomic Disparities. “I’m happy to add Turning Point to that mix,” he said. “I appreciate the approach Turning Point is taking to addressing disparities in the African American community.

He first heard of Turning Point years ago from a colleague at Thor Construction, Jeff Tate, who was a long-time Board Chair of Turning Point. Ravi was also acquainted with Peter Hayden for many years. He accepted the invitation to join the Board because of Turning Point’s commitment to the African American community and the distinctive economic model for African Americans the organization promotes.

Ravi brings many strengths to the Board. He is committed to bringing the best economic model possible to African Americans. He expresses this commitment in four areas: the Voice – access to say who they are and where they want to be; the Dream – how we can find mentors and share narratives of success; the Connections – helping build capacity through behavioral and life skills; and the Deal – creating demand opportunities for economic and financial health.

His hope for his time on Turning Point’s Board is to “continue to optimally service all of the people who need our support,” he said. He also stressed the importance of increasing awareness of the culturally sensitive models already in place and getting the community – including the economic community – to see Turning Point as a resource in this area.

Originally from Trenton, New Jersey, Ravi came to this area to compete his undergraduate work at the University of Minnesota. He is married and has three children. His leisure-time activities include doing motivational speaking, reading, golfing and “hanging out with my kids.”

An Idea Far Ahead of Its Time—Turning Point Turns 40

by Nancy Zalusky Berg, Board Member

When Turning Point began it was a time of uniformity and narrow thinking about treatment for alcohol and drug abuse. There was little context or consideration for how the impact of existing social conditions, poverty, institutional racism and criminalization of the use of drugs and alcohol influenced abuse by individuals.

Culture matters. It is the air we breathe. Cultural context for healing is essential to every human who is suffering. If we accept that the person who is abusing alcohol and/or drugs is injured, then to expect recovery without providing services in the context of their culture is to add an additional barrier to recovery.

Turning Point made it its mission to remove barriers to recovery by acknowledging the reality of the African American culture in this country and this community. In doing so, Turning Point has provided leadership not only in our local community but also nationally in addressing the conditions that contribute to cycles of alcohol and drug dependence.

What was merely intuitive at the time, that culturally specific treatment would improve results, has now been proven in the recent Best Practices Report prepared in conjunction with the University of Minnesota Program in Health Disparities Research. The differences in use rates between Caucasians and African Americans are negligible, but the recovery rates are significantly different due, in large part, to the disparities between Caucasian and African American communities on all levels.

I cannot express the depth of my pride in my association with Turning Point all these many years. We have overcome hurdles that would have put an organization with less passion and heart under. Turning Point is not just a treatment program, it is a way of life. Respect, empathy and always striving to do better is not just an ideal at Turning Point. It is the way of life at Turning Point and all that the staff and organization touch.

Turning Point turns 40 this summer. 40 is the age when people know who they are and what they want in life. 40 is the new 20 because with the wisdom of maturity comes the ability to truly accomplish our goals.
Turning Point Celebrates 40 Years of Service

Building Naming and Dedication

In honor of our 40th Anniversary, Turning Point will host an open house to celebrate the dedication and naming of our building at 1500 Golden Valley Road.

Constructed in the early ’80s, the building was originally intended for a women’s and children’s program. That program didn’t last, and the building came to house our residential chemical dependency treatment program.

This facility is also the location for most of Turning Point’s other services, including the Outpatient treatment program, the HIV prevention and education program, our continuance of care program, and the Culturally Specific Service Center. It is the place where most of the staff have their offices – people from all three divisions and the administration.

On June 2, this busy building will be named for our co-founder and President of 40 years. It will become the Dr. Peter Hayden Service Center. It will remain dedicated to our mission: meeting the needs of our community, beginning with chemical health.

Turning Point Honors Dr. Peter Hayden

2016 is the year of the 4th Annual Turning Point Honors event. This event was created to honor a person in the African American community for his or her outstanding service.

At the inaugural Honors event, we celebrated a lifetime of service by Professor Mahmoud El-Kati, a historian and teacher. Next we recognized the achievements in social justice made by Judge Pamela Alexander, the first African American woman to be a District Court judge in Minnesota. Last year Turning Point lauded Dr. Frank Wilderson, who, among other accomplishments, was instrumental in creating an African American studies department at the University of Minnesota.

In this, the year of Turning Point’s 40th Anniversary, we have chosen to honor Dr. Vincent “Peter” Hayden. Peter co-founded Turning Point in 1976, and has served as the organization’s only President. He has shared his own recovery story many times over the years, and the reality of not having the option of treatment sensitive and specific to his culture because such a thing did not exist.

Peter has spent four decades serving the African American community through his work at Turning Point and as a speaker at events and forums across the country. He has dedicated his professional life to making sure there is an option for African Americans to receive chemical health and related services from people who not only understand their culture but share it.

In June 10 at the Commons Hotel in Minneapolis, Turning Point will honor and celebrate Dr. Hayden’s 40 years of service.

Sponsorship Packages

One way you can support the Anniversary Celebration is by becoming a Sponsor.

Platinum Sponsorship $2,000
- One table (8 seats) at Honors event
- Recognition at the event
- Full page ad in the program

Gold Sponsorship $1,500
- 6 seats at Honors event
- Recognition at the event
- Half page ad in the program

Silver Sponsorship $850
- 4 seats at Honors event
- Recognition at the event
- Quarter page ad in the program

Contact Liz Reed at 612-520-4004 for more information.
Keeping Up with the Turning Point Family

COMMUNITY NEWS AND MESSAGES

Patricia Carter will be attending the HIV/AIDS Girls & Women’s Awareness Day Empowerment Tea on April 1 on behalf of Turning Point.

Glenda Eldridge has accepted the position of receptionist. “I look forward to learning more and being a positive influence while employed here at Turning Point.”

Gary Farr “It is a blessing to work behind the leaders we have at Turning Point and a joy to see the clients change their lives.”

Walter Marmillion “As I stay in position and wait on my Higher Power to direct me, my blessing keeps coming. One day at a time keeps me sane and to stay in the light.”

Marsha Morey-Rasheed extends her thanks to the Visitation Sisters for their kindness and generosity in coordinating the donation of 25 Easter baskets from St. Thomas Becket Church to Turning Point clients and staff.

Kante Thorpe extends a heartfelt thanks to the Turning Point Family for giving him the chance to come on board as a full-time Linkage Coordinator.

Ray Young “What a joy to have a mind to respect the process, building a relationship with my Lord and Savior Jesus Christ (five years clean, two years happily married). Glory to God!”

ANNIVERSARIES

April through June

Latanda Etaghe 1 year
Ms. Bea’s Case Mgr. 5/4/15
Dr. Peter Hayden 40 years
President & CEO 6/1/1976
Michael Jackson 4 years
Linkage Coordinator 4/16/12
Dorothy Jones 2 years
Rule 25 Scheduler 3/10/14
Walter Marmillion 4 years
Linkage Coordinator 6/11/12
Angela Reed 5 years
Support Services Dir. 4/1/11

BIRTHDAYS

April through June

Jeff Cayo April 13
Adrienne Lamson April 16
Walter Marmillion May 8
Larry Lowe June 19

HELLOS

Patricia Carter
EHDI Program Coordinator
started 1/19/16
Glenda Eldridge
Receptionist
started 3/4/16
Vanessa Johnson
Billing
started 3/14/16

CHANGES

Comer Henry
from Linkage Coordinator to
Chemical Health Counselor
(ADCT) 11/9/15
Kante Thorpe
Linkage Coordinator
went to full time 2/13/16
Kermit Hill
from Linkage Coordinator
to Van Driver 3/7/16

GOODBYES

Ray Young
Linkage Coordinator
went to full time 3/8/16
Anthony Wallace
Linkage Coordinator
went to full time 3/8/16
Jamie Reeves
Linkage Coordinator
last day 7/3/15
Jerry Junkman
Chemical Health Counselor
last day 12/3/16
Ray Richardson
Marketing Director
last day 1/15/16
Ed Northington
Linkage Coordinator
last day 2/2/16
Charles Caldwell
Van Driver
last day 2/9/16
Meca Leonard
Medical Records/Billing
last day 2/10/16
Stephanie Steele
Receptionist
last day 2/22/16
Leonard Freeman
Facilities Worker
last day 2/23/16

Turning Point Observes Black History Month

Turning Point observed Black History Month 2016 with a series of events and activities for both clients and staff. Every day of the month a different historical character was profiled, providing info on the accomplishments of African Americans throughout history. Clients also viewed a PBS documentary on the history of African Americans, and spent time discussing what they saw. Clients attended a movie at the Capri Theater and engaged in a trivia contest based on the daily historical characters.

Clients and staff shared a celebratory event on February 16 which included videos and discussion on a variety of topics, such as the rising problems of HIV and domestic violence in the African American community, and the multitude of African American inventors that too many have never heard of. The event also included a poetry reading, prizes and a shared lunch with clients and staff.

“Celebration of Black History Month, of how far our black people have come,” one client commented. “The memories that were shared about our black people and the intelligence that we as blacks have. Motivating and encouraging!” is what another client said he would remember most about the month’s activities.

Staff had the opportunity to watch the movie Straight Outta Compton together. They also had a celebratory lunch with videos on the history of Black History month, and on some of the varied contributions of African Americans to history, the military, music and comedy.

Marsha Morey-Rasheed and Zedrick Black celebrate Black History month at Turning Point. Photo by Walter Marmillion
Thanks to Our Donors

Turning Point has received cash donations this quarter from Mt. Olivet Missionary Baptist Church, Robert and Patricia Holder and Michelle Miller. Several staff members have also contributed this quarter: Zedrick Blake, Jeff Cayo, Michelle Edwards, Woodrow Jefferson and Cedric Williams.

Items were donated to Turning Point by Estate Maven Dina Buslovich and Tony Evans.

If you would like to contribute to Turning Point, you can send a check or money order made out to “Turning Point” to 1500 Golden Valley Road, Minneapolis, MN 55411. You can also donate by going to www.ourturningpoint.org and clicking on the “Donate” button at the bottom of the page. If you have items to donate, you can contact Jeff Cayo at 612-520-4004 to make arrangements.

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

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