

A WORD FROM PRISCILLA

Spring is in the air. Trees are starting to bud. Daffodils are blooming. The sun is shining longer.

We're coming out of our long, dark winter, in more ways than one.

We're also beginning to see some hope around the pandemic. A recent article I read said that America has reached about 40% herd immunity to the Coronavirus. As more people become fully vaccinated, it's hopeful that we'll reach 70% by mid summer... the "magic" number.

Here at The Morton Center, we saw a frightening uptick in the number of people reaching out for help with substance abuse issues, and it hasn't slowed down.

I've said many times before, it was the epidemic within the pandemic.

With your generous support, we were able to move to 100% telehealth treatment, and it's working beautifully for most of our clients.

In April, we started seeing individual clients again in person at our office. It's only because of you that we were able to put measures in place to be able to do this safely by purchasing disinfecting equipment and supplies.

The safety of our clients and staff are our number one priority.

Thank you.



Priscilla McIntosh
CEO



2021 LUNCHEON

The Morton Center luncheon held every September is a chance for donors to see exactly how their gifts support those struggling with addiction. It's a chance to feel part of the work they so generously support. It's an inspiring event!

It's also a time when donors can continue to support The Morton Center by inviting their friends and making additional donations. This event has been an important part of our budget each year.

Due to the pandemic in 2020, we were unable to hold the in person event. We are cautiously optimistic that we'll be able to be together this year. We're watching and waiting to see how things regarding the pandemic play out and look forward to an announcement in the coming months.

Thank you for all you make possible!



Spotlight

Spring
2021

Shining a light on all the good you've done

NATALIE FOUND HEALING AT THE CONCERNED PERSONS GROUP

Natalie began to worry as her two children entered their teen years. They were pretty typical kids, but she discovered they were experimenting with drugs and alcohol.

Her husband was an active alcoholic and she had her own struggles.

"With our backgrounds, it really scared me. I was terrified their path would follow his - and my own. I've struggled with my own addictions, using alcohol and food to numb my pain, and control to manage anxiety."

A neighbor offered information, a suggestion, and hope.

Her neighbor was the leader of The Morton Center's Concerned Person's Group, an educational program for loved ones of people struggling with addiction.

Natalie started attending group meetings because she wanted to be a better parent. She wanted to help her children. Not only were they using drugs and alcohol, they were also showing signs of anxiety and damaging patterns of behavior she saw in herself.

But she learned quickly that the only person she could change... was herself.

"I discovered I was codependent. I didn't even know what that was until I started going to the Concerned Person's Group," Natalie told us.

"It's a very high level conversation," she continued. "We talk about the science of relationships and how our own trauma informs our relationship style."

Natalie learned there is a difference between care taking and caring. Care taking enables the damaging behaviors of loved ones struggling with addiction.

But she wasn't shamed or blamed. Instead, she learned that care taking and enabling was a response of her own trauma and was done out of love for her family.

The Morton Center is the only Addiction Treatment Center that focuses on the whole family.

We know that a person struggling with substance abuse needs a strong support system. But it goes beyond that.

Continued inside...

NATALIE'S STORY CONTINUED...

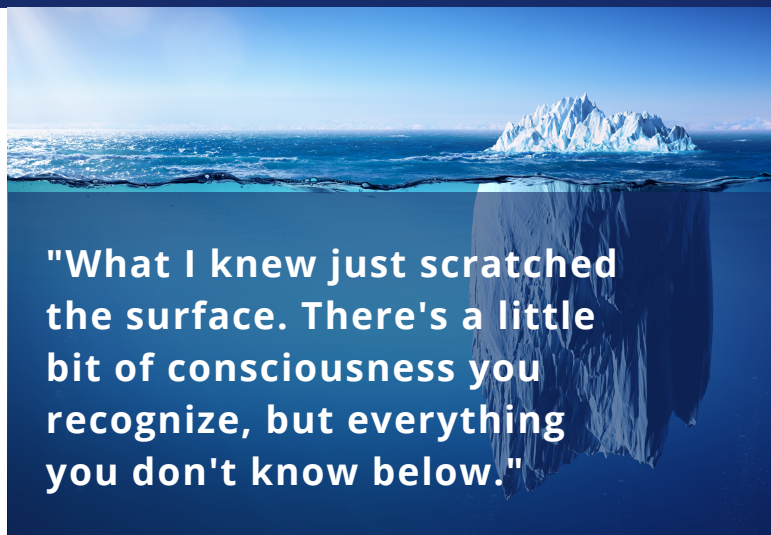
The family needs healing, too. Spouses, parents, and children have learned behaviors in their lifetimes in response to their own trauma – as a way to protect themselves.

The Concerned Persons Group addresses all of this through topics like Family Systems, Generational Trauma, Codependency, Grief and Recovery, and Boundaries.

Natalie has been part of the Concerned Persons Group for about two and half years.

"I've rarely missed a meeting since the first one I attended. It's a beautiful support group. Everyone's path is honored."

Natalie has learned a lot about herself – about her own unhealthy learned patterns and habits – a response to her trauma. She says that once she learned what they were, she was able to change them.



"What I knew just scratched the surface. There's a little bit of consciousness you recognize, but everything you don't know below."

And once *she* began to change, so did the family system.

Communication was better. Healthy boundaries were put in place. They listened to each other.

Natalie's children are young adults now. With the support of the Concerned Persons Group, the trajectory of her family has changed.

2 Ways to Support The Morton Center Through Amazon

Keeping our facility COVID safe for our clients and staff is a top priority as we slowly start in-person individual sessions again. A quick and easy way you can support these efforts is to purchase items from our Amazon Wish List. Simply open your phone's Photo App and point the lens at the image to the right. That will take you to our Wish List. You can click on the items you wish to buy and complete the purchase process. Amazon will ship the items directly to us at no charge to you.

You can also set up The Morton Center as your charity of choice for Amazon Smile. Once you sign up and choose us as your charity, Amazon will make a small donation to The Morton Center. This link will take you right to Amazon Smile:

<https://tinyurl.com/TMCAmazon>



SCAN ME

STAFF SPOTLIGHT Amy Travis

Sometimes your life's work finds you. When Amy Travis first entered the doors at The Morton Center, it was as a student in a chemical dependency class at Louisville Presbyterian Theological Seminary. She was close to graduation and already had a job lined up.

Amy wasn't interested in working in the addiction field because of a painful family history, but the Clinical Director at the time at The Morton Center had other ideas. After she met Amy, she put a sticky note on her computer that said, "She needs to work here".

Through a series of events, Amy came to work at The Morton Center in November of 2017 and she's never looked back.

As a Licensed Marriage and Family Counselor and Licensed Clinical Alcohol and Drug Counselor, Amy heads up the Concerned Persons Group at The Morton Center. As the only outpatient treatment center in Kentucky that focuses on the WHOLE family, that's a big and important job.

"Nothing changes until the system changes."

"The importance of family work is often overlooked because they're seen as merely a support to the person who's struggling with addiction. But the family needs its own process – because they're hurt and traumatized. They deserve recovery, too.

We talk a lot about 'enabling' behaviors, but these are learned. We learn these growing up. And the vast majority of the time, they come from a caring place. So, through the Concerned Persons Group, we help families learn how to communicate, how to set boundaries, and how to appropriately care for someone who is struggling with addiction."



Amy & Gretel

Amy has her own family to care for at home where she lives with her mother, her daughter, and 6 rescued pets – 2 dogs, a cat, a rabbit, a guinea pig, and a parakeet.

Like everyone else, they've been navigating this pandemic world. Amy's daughter has continued to participate in ballet, mostly via Zoom, which has been a little challenging.

"It's been scary. As a nation, we're living through collective trauma... collective grief. The brain has mechanisms to withstand stress and trauma for the short term, not for the long term."

A record number of Americans have turned to alcohol and drugs to deal with this stress and trauma. And because of lost jobs and lost health insurance, many can't afford to seek help. But because of **you**, people struggling with addiction and their families have found recovery at The Morton Center with the help of Amy.

Amy's Message to Donors

We couldn't do our work without the support of donors. It's so amazing to know that even if someone is in dire straits, we can still help. Thank you.