

UPDATES

RELEVANT · RESPONSIVE · RELATIONSHIPS

SPRING 2021

NEW Start

Spring holds the promise of a new start and this year that renewal is eagerly anticipated at The Up Center. We are eager to see our colleagues, volunteers and clients in person and with the potential for widespread vaccination in the coming months, we are hopeful that The Up Center can soon restart building relationships though face to face connection.



Joan Weaver, Chief Financial Officer, and Tonya Pass, Human Resources Officer, showcase their vaccination cards.

Staff all have had the opportunity to be vaccinated, so we will be ready when the time is right.



NEW Visions

Much attention has been given to the significant need for services treating adults with opioid addiction but finding resources for teens doesn't always get the same attention.

The Up Center's New Visions program will help to fill that gap here in Hampton Roads.

In October 2020, The Up Center was awarded a grant of nearly \$690,000 from the US Department of Justice's Office of Juvenile Justice and Delinquency Prevention (OJJDP) - one of just 13 organizations chosen from across the country. The grant will double our capacity for treating Substance Use Disorder in youth.

NEW

Home

Ms. L* came to The Up Center with nowhere else to turn. At the start of the pandemic, she lost her mother who she had been caring for and living with for years. Then everyone in her household lost their employment. In the midst of grieving, she realized that her mother had a reverse mortgage on her home, and received a letter stating the lender would be moving forward with foreclosure if she didn't provide a letter of intent on the property. Now panicked, she did not want to leave her family home but was unable to qualify for financing to pay off the outstanding balance.

After coming to The Up Center, Ms. L decided to move forward with selling her mother's home and use the available equity to purchase a new home for herself and her children. She worked with her counselor at The Up Center to prepare the intent letter and sold the house in less than 30 days. She is now working with her counselor to locate her new home.

NEW

Chance



Alexus* was 34, uninsured, and struggled with anxiety and depression. She recently relocated to Virginia and suddenly had new challenges to handle, including numerous life transitions and losses,

including the death of her stepfather and brother, loss of her job due to the pandemic, and managing her daughter's transition to distance learning.

After being referred to The Up Center's Outpatient Counseling program and participating in therapy, Alexis has learned to utilize healthy coping strategies and has abstained from substance use for over 5 months. During counseling, she expressed interest in attending classes and has since enrolled in Paul D. Camp Community College, obtained grant funding for classes and connected to a tutor for academic support.

Since coming to The Up Center, Alexis has described reduced anxiety and depression and improved quality of life. She is more confident and resilient in responding to life's joys and challenges and is comfortable accessing support when she needs it.

NEW

Podcast



Pandemic life has required The Up Center team to find creative ways to stay connected virtually. Our Healthy Families program (Parent Education & Support) has come up with innovative ways to keep parents motivated and engaged—creating a Facebook group for families to connect with each other and even starting a podcast to share helpful parenting tips with the community!

Visit www.theupcenter.org/parenting-education-support for a link to The Parenting Pot podcast.

NEW

Wishlist

From Bibs to Board Games

amazon smile



Looking for a way to support The Up Center without leaving the comfort of your home? Shop our Amazon Wish Lists! You can purchase much needed items to support mentoring, parent education, housing and financial counseling and foster care programs, and they will be sent directly to The Up Center.

Shopping through AmazonSmile automatically donates 0.5% of your eligible purchases to the charitable organization of your choice.

Visit www.theupcenter.org/donate for more information or contact Lauren Rucker at 757-965-8684 or Lauren.Rucker@theupcenter.org.

NEW Donor



Dominion Energy Foundation presented a \$50,000 grant award to our Steven A.

Cohen Military Family Clinic in February. The grant will support the clinic's capacity to better address the increasing and developing mental health needs of our military community by underwriting the costs associated with hiring an additional mental health counselor.



From left to right: Max Bartholomew, Dominion Energy Corporate Affairs, contractor; Andrea Long, The Up Center Chief Program & Strategy Officer; Bonita Harris, Dominion's Eastern Region Policy Director; Tina Gill, The Up Center President & CEO; Sarah Pitzen, Cohen Clinic at The Up Center Lead Clinician

NEW Website



In January, The Up Center launched a new website with improved navigation, stories from families we work with, and an easier way to connect to resources.

Please visit our new site at www.theupcenter.org.



Many thanks to our web developer for getting us to the finish line on our beautiful new website—A Great Idea!

NEW Chapter

Happy Retirement to Mary Midyette, who has led The Up Center's Team Up Mentoring Program since its inception in 2008. We think one of our mentors, Bruce LaLonde, sums Mary's tenure with Team Up very well: "Mary has been a patient teacher, a compassionate mentor, a supportive colleague, and most of all an honest friend. She lovingly encouraged my mentor/mentee relationships with Harry, Langston and now Timmy every day. Those true difference makers in my life have always led by a different drummer. Mary Midyette had a whole band and for my mentoring relationships and this Team Up program she made beautiful music." Best wishes to Mary and her family!



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Community Partner



Got our steps in

at Step Up 2021!

This year's event was held at Harbor Park and was a great opportunity to get some fresh air while climbing outside. Nearly 100 participants stepped up for families in need. This year we also partnered with SPIRIT Club to provide a virtual participation option. SPIRIT Club is an ability-integrated fitness provider and makes fitness accessible to all regardless of physical limitations. We are thrilled to be able to partner with such an amazing organization. Many thanks to our 20+ volunteers and to WAVY TV 10 and 101.3 2WD for helping us spread the word!

