



the  
morton  
center

Restoring self,  
preserving family.

Fall 2024



## A Message from Priscilla McIntosh

### CEO of The Morton Center

**Dear Friends of The Morton Center,**

I am deeply grateful for the overwhelming success of this year's Heroes for Hope Luncheon, where we celebrated not only 40 years of The Morton Center but also National Recovery Month. With over 200 guests and 30 alumni in attendance, the energy in the room was palpable. A heartfelt thank you goes out to our luncheon committee and to John Y. Brown III for his moving keynote address, in which he shared his own powerful journey of recovery. He touched us all, offering hope and inspiration.

As a parent of two teenage daughters, I understand the critical importance of having support systems in place for young people. That is why I am so excited to announce the expansion of our adolescent services, including our new Intensive Outpatient Program (IOP) for teens. With the rise in both substance use and mental health challenges among adolescents, the need for these services has never been greater. Because recovery and healing involve the entire support system, our expanded programs are designed for the youth and their families.

I invite you to visit us at The Morton Center to see the impact of our work firsthand. You'll hear from our dedicated staff, see how we help individuals and families, and learn more about the vital role we play in the community. Please don't hesitate to reach out directly—I would love the opportunity to show you The Morton Center.

You can contact me at **502-459-7086** or via email at [pmcintosh@themortoncenter.org](mailto:pmcintosh@themortoncenter.org). We are here for you, for your loved ones, and for the entire community. Thank you again for your continued support in helping us fulfill our mission.

Warmly,

*Priscilla McIntosh*



## Client Story: A Thousand Days of Hope

### How BJ Reclaimed Her Life Through The Morton Center

BJ grew up in a typical Midwestern family in Iowa, where alcohol was present at every occasion—whether it was celebrating, mourning, or watching football. For years, alcohol was her primary coping mechanism, a pattern that followed her through college and into her career. As she moved across the country, from Iowa to LA to Minnesota, BJ’s drinking escalated until she eventually found herself struggling to function without it.

When BJ returned to Kentucky, her drinking even worse. She started getting sick regularly, but instead of stopping, she spent years trying to figure out how to drink “normally.” Nothing worked. She tried quitting many times but couldn’t do it on her own. In a moment of vulnerability, BJ turned to her therapist, who recommended The Morton Center.

That recommendation changed BJ’s life. Walking into The Morton Center, BJ wasn’t sure what to expect, but she knew she needed help. She met Myra, her intake therapist, and committed to eight weeks of Intensive Outpatient Programming (IOP). During her time in IOP, BJ learned about the mental obsession and physical cravings of alcoholism. She discovered that the shame and guilt she carried for years were unproductive and that sobriety was about so much more than just abstaining from alcohol—it was about reclaiming her life.

**Today, BJ has been sober for over 1,000 days.** Her relationships are stronger, she feels more present, and she has discovered the joy of true, sober fun.



As BJ says,  
**I didn’t know sober fun was a thing, but to feel a full belly laugh until you cry... there’s nothing better.”**

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BJ’s journey is just one example of how The Morton Center changes lives every day, but we can’t do it alone. Your support makes stories like BJ’s possible. Please consider making a donation today by visiting our website at [www.themortoncenter.org/donate](http://www.themortoncenter.org/donate) or using the enclosed envelope.

Together, we can help more people in our community find hope, healing, and a new beginning.



the  
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CELEBRATING 40 YEARS

Restoring self,  
preserving family.

## Heroes for Hope Luncheon Recap: Celebrating 40 Years of Hope and Healing

We are thrilled to share the success of this year's Heroes for Hope Luncheon, which took place during Recovery Month and marked a special celebration of The Morton Center's **40 years of service** to the community. With **200 guests** in attendance, including **over 30 alumni**, it was a heartfelt and inspiring event for all who joined us.

We were honored to have John Y. Brown III as our keynote speaker. His powerful and personal stories of recovery moved the audience, providing hope and a reminder of the impact that compassion and support can have in someone's life. If you missed the event, we encourage you to watch his inspiring speech, which can be viewed at [this link](#).

Thanks to the generosity of our supporters, **we raised \$100,000 at this year's luncheon**, all of which will directly support our scholarship fund. However, The Morton Center faces a yearly gap of \$250,000 to provide critical substance use and mental health services to 2,000 individuals in our community. It is only through the continued support of donors like you that we can close this gap and continue our life-changing work.



Heroes for HOPE  
Annual Fundraising Luncheon

Speaker John Y. Brown III



Speaker Steve Gault



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For those who were unable to attend the luncheon, we thank you for your ongoing support and encourage you to consider making a contribution to help us reach our goal.

Together, we can ensure that everyone in our community has access to the help and healing they need. Thank you to everyone who attended and for being heroes of hope!



# The Growing Need for Adolescent Services: A Call to Action

Today's adolescents face unique challenges that can often feel overwhelming, not just for the youth themselves but for the family members who love and care for them. At The Morton Center, we understand the increasing need for comprehensive adolescent services, particularly in the areas of substance use and mental health. Our goal is to expand our services to support not only the young people but also their parents, grandparents, aunts, uncles, and guardians.



## Alarming Statistics on Adolescent Substance Use and Mental Health

### Substance Use:

According to the National Institute on Drug Abuse, **nearly 30% of high school seniors** reported using some form of alcohol or drugs within the past month. Marijuana use among teens continues to rise, with **22% of 12th graders** reporting use in the last 30 days. Vaping and nicotine use have become major concerns, with **20% of high school students** reporting e-cigarette use

### Mental Health:

In 2021, **1 in 5 adolescents** aged 12-17 reported experiencing a major depressive episode. Suicide remains the second leading cause of death among young people aged **10-24** in the U.S. The CDC also reports that about **37% of high school students** say they have experienced persistent feelings of sadness or hopelessness.

## The Importance of Seeking Help

With these alarming trends, it is more important than ever to be proactive in seeking help. Many families may not have all the answers—and that's okay. The Morton Center is here to provide support and guidance for both adolescents and their loved ones.

As a family member, you may feel lost or unsure of how to help a struggling teen. You're not alone. Substance use and mental health challenges can affect anyone, and no family should feel ashamed or afraid to reach out for help. The reality is, no one has all the answers in an ever-changing world, and it's crucial to have a reliable resource to turn to when navigating these challenges.

## Expanding Our Adolescent Services

At The Morton Center, we are expanding our adolescent services to meet the growing need for early intervention and comprehensive support. Our new Adolescent Intensive Outpatient Program (IOP) and expanded mental health services are designed to:

- Provide evidence-based treatment for substance use and co-occurring mental health issues.
- Offer family counseling to help strengthen the support system surrounding the adolescent.
- Equip teens with the tools and coping skills they need to thrive in today's fast-paced, high-pressure environment.

## A Message to Families

**Parents, grandparents, aunts, and uncles: It's okay to ask for help.** The challenges adolescents face today are complex, but you don't have to navigate them alone. Let The Morton Center be a part of your village—a trusted resource to guide you through these difficult times and ensure that your child or loved one receives the support they need. If you or someone you love is struggling, please reach out to us today. Whether it's for a consultation, treatment, or simply to talk about concerns, The Morton Center is here to help. Together, we can make a difference in the lives of our young people.

**Don't wait.** Reach out to The Morton Center today if you need support for an adolescent in your life, or if you, as a family member, need guidance. It truly takes a village, and we are here to be a part of that village. Let us help support your journey and your family's well-being.



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