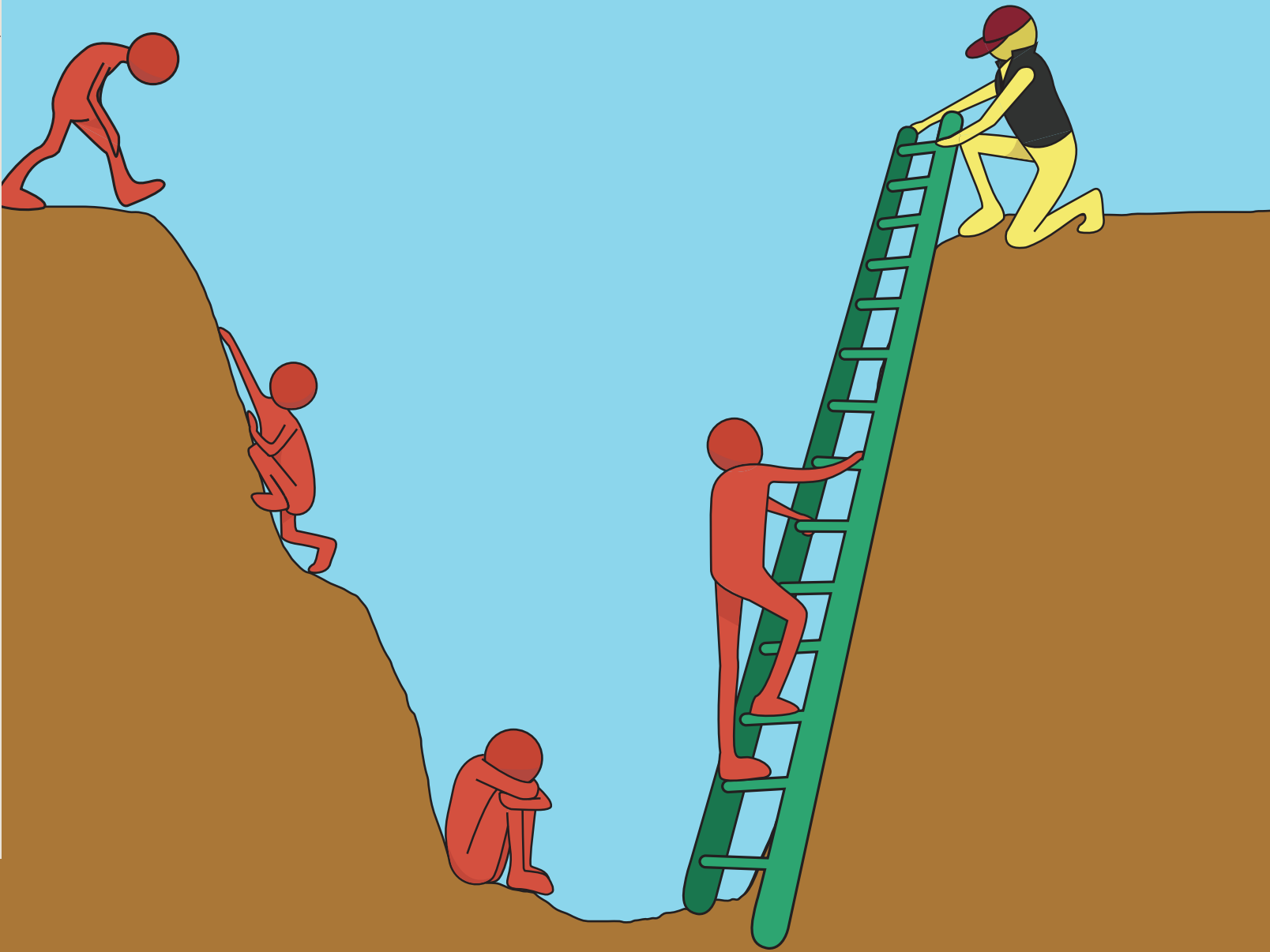


CHANGING LIVES

129 YEARS OF SERVICE

THE TRUTH ABOUT RELAPSE

And the Importance of Community



DENVER
RESCUE
MISSION

4 MISCONCEPTIONS ABOUT ADDICTION

SUPPORT THE MISSION BY SHOPPING AT AMAZON

Dear Friends,

As I write this, we are under a far-reaching Public Health Order from the City and County of Denver that requires all of our staff, volunteers and interns to receive the COVID-19 vaccine. As much as I would like everyone to be vaccinated as we continue to fight this horrible pandemic, this mandate comes with great challenges.

First, we are so reliant on volunteers to serve our guests alongside our staff. If you have been vaccinated, I do hope you will volunteer with us, even if it is just for a single meal. We need you! Your time and willingness to serve allows us to provide more than 800,000 meals a year to those in need.

Second, because of the trifecta of (1) trying to get fully staffed to run our 24/7 shelters, (2) a difficult labor market, and (3) the requirement that our staff be vaccinated, we find ourselves in a hard position staff-wise. We are prayerful that God will bring the employees necessary to continue the good work that we have been doing for the past 129 years.

I am reminded of a Bible verse from Matthew 9:37-38 that seems appropriate for these times: *Then He (Jesus) said to His disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field."*

We are asking the Lord to send us workers! If you know of anyone who may want to join us in this ministry, please encourage them to visit our website and look at our available positions.

Despite these challenges, we continue to tighten the straps on our backpacks and take one step after another. Through ups and downs, I have shared with my staff these words: *God is in control*. Just as the Lord has guided us through this pandemic over the past 18 months, we know that He will provide what is needed, even though we face some powerful challenges. Thank you for your prayers, financial support and gift of time. Your partnership in these difficult months allows us to continue to share the good news of Jesus with those experiencing homelessness. We are thankful for you!

God is in control,



Brad Meuli
President/CEO



4 Ways to Be Happier Today

1. *Recognize that money buys only so much happiness.*
2. *Devote time to family and friends.*
3. *Be physically active, attend church and express gratitude.*
4. *Give back to others.*

By combining these ideas, you can experience joy and inspire generosity for the next generation. A gift to the Mission is a great way to leave a legacy and impact lives for years to come.

Learn more at DenverRescueMission.org/LegacyGiving.

Your Support Brings Smiles!

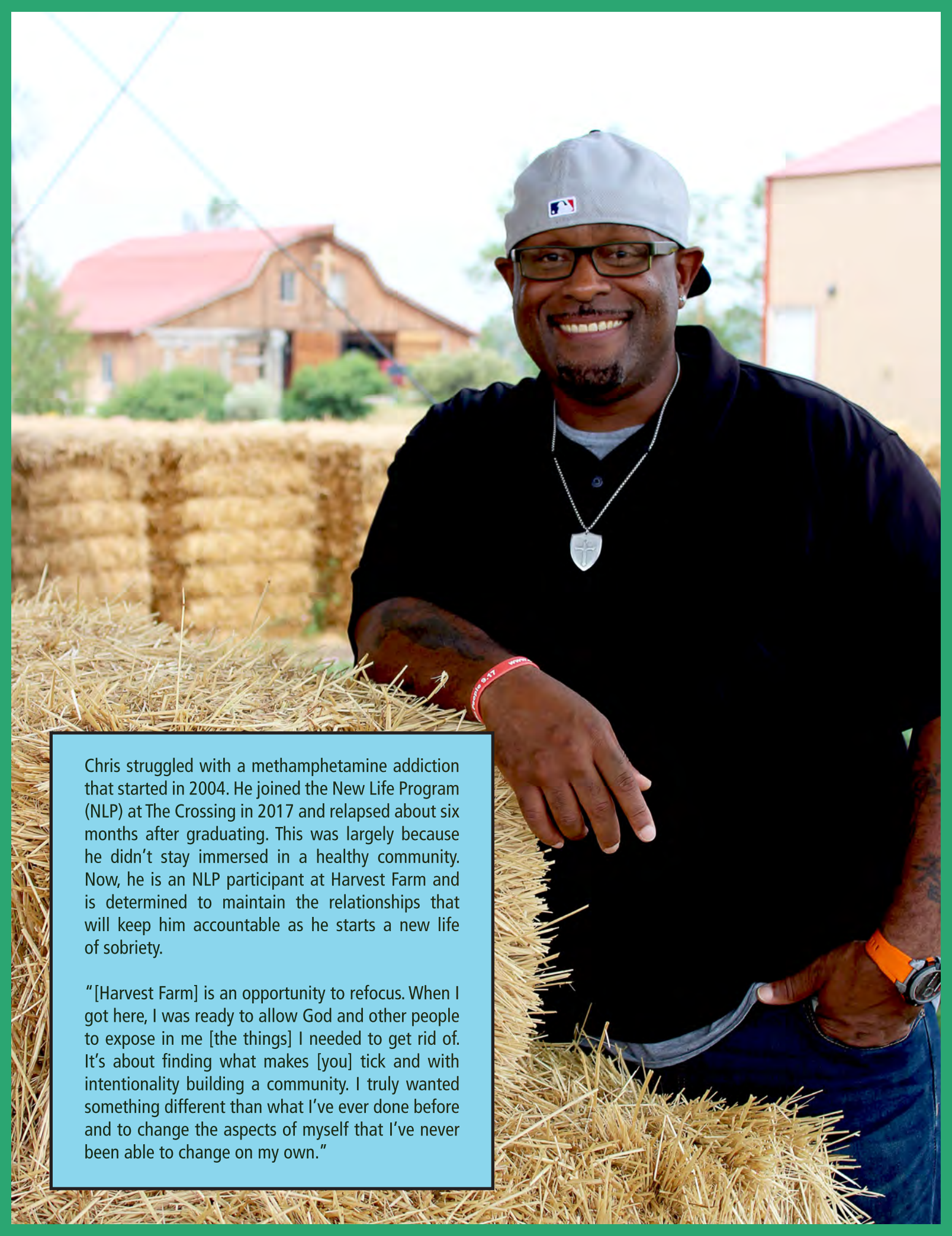


Amazon Smile allows you to support the Mission with each of your purchases at no additional cost. You get the same prices, products and shopping experience, and the Mission receives 0.5 percent as a donation on eligible purchases.

Shop Smile.Amazon.com and select Denver Rescue Mission as your charity of choice!



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You shop. Amazon gives.



Chris struggled with a methamphetamine addiction that started in 2004. He joined the New Life Program (NLP) at The Crossing in 2017 and relapsed about six months after graduating. This was largely because he didn't stay immersed in a healthy community. Now, he is an NLP participant at Harvest Farm and is determined to maintain the relationships that will keep him accountable as he starts a new life of sobriety.

"[Harvest Farm] is an opportunity to refocus. When I got here, I was ready to allow God and other people to expose in me [the things] I needed to get rid of. It's about finding what makes [you] tick and with intentionality building a community. I truly wanted something different than what I've ever done before and to change the aspects of myself that I've never been able to change on my own."

THE TRUTH ABOUT RELAPSE

And the Importance of Community



Relapse is a harsh reality for many who come to us for help, but with the right coping mechanisms and a strong support system, it can be prevented. There are many misconceptions about relapse that place blame on an individual's lack of strength or desire to resist addiction, but that is often not the case. Below, we share four common misconceptions and the way the New Life Program (NLP), Denver Rescue Mission's rehabilitation program for men, steps in to help participants prevent relapse in the future.

MISCONCEPTIONS ABOUT RELAPSE:



1. Relapse is a sign of weakness or lack of willpower.

Many people view addiction as a moral failure instead of a behavioral health issue. The truth is that addiction is an ongoing disease that needs to be managed. According to the Hazelden Betty Ford Foundation, drug use increases the release of a chemical called dopamine. Over time, if dopamine is regularly present, the brain attempts to balance things out by producing less dopamine. At that point, the brain relies on substances to trigger the release of dopamine instead, which is when drugs and alcohol start to feel normal.*



2. Relapse happens out of the blue.

Usually, there are many signs and indicators that an individual is falling into old patterns of behavior and thinking. Linda Elliott, a licensed professional clinical counselor who teaches recovery-based classes for the NLP, said the program helps participants look at their last relapse and learn from it. "If they can identify their triggers, they can identify what their state of mind was, and we help them connect the dots," she said.

During counseling sessions, participants write relapse prevention plans to recognize triggers and come up with healthy alternatives. "We encourage them to carry those around with them, because in the heat of the moment, they may not remember what all their options are to respond in a healthy manner," Linda said.



3. There's a cure for addiction.

Addiction is chronic, and there is no cure.* "It's not a matter of *if* somebody's going to be triggered, it's a matter of *when*," Linda said. The NLP classes focus on four aspects of recovery: physical, mental, emotional, and spiritual. We stress the importance that participants need to be pro-active about self-care on all four of those levels.



4. Preventing relapse can happen alone.

Addiction is a disease of isolation. "If it can get you isolated, then it can tell you all kinds of things," Linda said. We encourage participants to form a healthy community while in the program and maintain those relationships after graduation. Each participant has a "care team" which includes a chaplain, case manager and counselor. In addition, participants attend Bible studies, classes and group counseling and are paired with volunteer mentors. "[We] help them learn to function in a community where there is no substance use," Linda said. "They learn how to behave differently and make different choices in a safe environment. [After graduation], the people around them will be able to sense a change in their behavior and hold [them] accountable in a loving way."

Relapse *Happens*

☞☞ I wasn't working and was considered disabled. It kind of hit me, *wow, I have nothing*. At least that's what I was telling myself. **I allowed that to be my truth.**

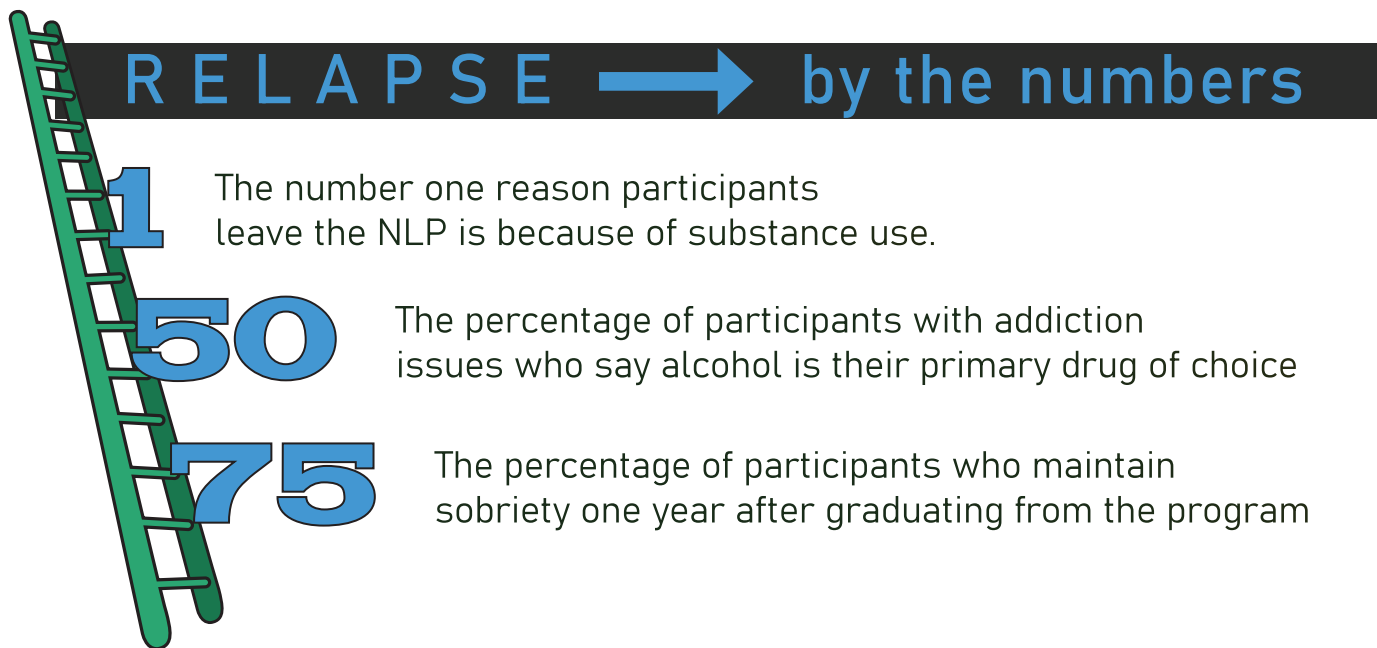
There was no real conscious thought of, *I'm going to go out and use*. It slowly progressed to [me] not feeling well. I didn't have a community, and that just gave way to everything.

At first, I was telling myself that I'll just do it on the weekends or once a week. Of course, that's a lie that every addict or alcoholic will tell themselves. **It turns into every day.**

I remember sitting in my room. You know how you can delete numbers from your phone? But then, oh wait, they're backed up to something else, like an email account. I found myself thinking about it, but then I was like, ***don't do it, don't do it, don't do it***. *You got rid of those numbers for a reason. Don't go on Facebook looking for this person. You blocked all those people for a reason.*

Then, after a couple of months of wrestling with that, I remember one day really looking hard for those numbers. That seed was planted and I just let it grow. Next thing I knew, I was reaching out. **And that's how it happened.** ☞☞

-Chris, NLP participant at Harvest Farm



AT THE MISSION, WE BELIEVE ANYONE CAN BE FREED FROM THE BONDAGE OF ADDICTION. Your support is helping men combat this destructive disease and gain a healthy, supportive community. Help prevent relapse for Chris and so many others by giving today at DenverRescueMission.org/ChangingLives.



JOHN WARE

John Ware is the community coordinator for the New Life Program (NLP) at Denver Rescue Mission. A former graduate of the program, he is passionate about supporting participants in recovery by organizing social events and keeping in touch with them after they graduate.

Will you describe your role as NLP Community Coordinator?

I plan social gatherings and community service opportunities for the men who are in the program. For example, I coordinate taking them to church, museums, concerts, and sporting activities such as fishing, bowling and golf.

Will you share your testimony of how you came to the Mission?

With my new life in Christ, I have been saved from seemingly impossible circumstances. I was living in Iowa and got involved with someone who was using crack cocaine. Within six months of using the drug, I lost my job of 25 years. I moved to Colorado for a new start, only to end up living on the streets. After a year and a half on the streets, I was sick and tired of that lifestyle and joined the NLP. Here, I restored my relationship with Christ and my family. I relapsed 11 months after graduating the program after I stopped going to church and Bible studies due to working two jobs. My mentor helped me get back to being drug free. I was blessed to eventually be employed by the Mission where, by focusing on Christ, I've stayed clean and sober. I am grateful that I get to see the men who gave up all hope (which I can relate to), share with them about eternal life with Christ and witness as they become self-sufficient citizens.

How do you support and encourage the participants in their journeys of recovery?

I accept participants where they are and let them know that I have been in their position. I remind them that they have the tools to get back on track and encourage them to read their Bibles and pray. As Proverbs 24:16 says, "For though the righteous fall seven times, they rise again." Sometimes it's about getting another chance to go through the program and get a new vision.



John was a part of the stable, healthy community that Chris found through the NLP. Throughout Chris's journey at the Mission—from joining the NLP at The Crossing to experiencing relapse to transitioning back into the NLP at Harvest Farm—John has been his constant support system.

OUR CORE STRATEGIES



EMERGENCY SERVICES



REHABILITATION



TRANSITIONAL PROGRAMS



COMMUNITY OUTREACH

LOCATIONS

Lawrence Street Community Center: Meals, restrooms, showers, laundry, clean drinking water, and access to Mission staff for encouragement and guidance	YOI
Lawrence Street Shelter: 24/7 shelter for men and chapel	YOI
Holly Center: Overnight shelter for men assigned weekly and lockers for storage	YOI
The Crossing: Transitional program for families and rehabilitation program for men	HOUSE HEART
Harvest Farm: Rural rehabilitation program near Fort Collins	HEART
Fort Collins Rescue Mission: Meals, shelter and access to resources and services	YOI
Ministry Outreach Center: Central warehouse facility including food, clothing and furniture distribution	PEOPLE
Administration & Education: Entry point for Mission transitional programs and home to the Mission's administrative and development staff	HOUSE
48th Avenue Center: 24/7 shelter for men, operated in partnership with the City of Denver	YOI

THOUGHTS?

Send your questions and comments to Newsletter@DenRescue.org.