

OCTOBER 2024

CHANGING LIVES

132 YEARS OF SERVICE



Reframing **RECOVERY**

DENVER
RESCUE
MISSION



Dear Friends,

Two months ago, I received a phone call from someone who I met when working in a recovery program ten years ago. He struggled with alcoholism since he was a teenager and it had destroyed his marriage, his relationship with his children and his ability to keep a job. He worked hard on trying to overcome this addiction and was finally able to do it with the help of Christ and counselors in the recovery program. To hear him talk about all that God had restored in his life was a testament to God. It was also a testament to the need to have places where those experiencing homelessness can find a safe environment with professionals who have the training and skills to provide them with the tools they need to overcome their addiction.

When I think of the story of the Good Samaritan in the Bible, and read Luke 10:33, *"But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion,"* I think of our counselors and other staff who see someone facing the challenge of addiction and come alongside them with compassion. And when I read James' story in this newsletter, I am thankful for Zaria and the team in our New Life Program who decide every day to have compassion for someone else, come alongside them and work with them to overcome the challenges of addiction.

I am also thankful for those who give to and serve Denver Rescue Mission, and, like the Good Samaritan, provide the funds to cover the cost of their counseling, case management, room, and meals while they heal. We are blessed to be able to offer recovery support at no cost to those who need it and can only do that with your ongoing support. Thank you for partnering with us to meet this need.

Blessings,

Tracy Brooks | Chief Programs Officer

THE MISSION in my words



Stan Katanic

Stan has mentored two men in the New Life Program since February 2023.

What inspired you to be a mentor with the Mission?

I raised two daughters on my own, always emphasizing the importance of being productive and self-sufficient members of society. Denver Rescue Mission's mission statement resonated deeply with me and aligned so closely with my own values that I felt compelled to get involved.

What are some of the things you do as a mentor?

A mentor is defined as an experienced and trusted adviser. Reflecting on this definition, I recognize the significant responsibility of guiding men as they pursue a better life. It's crucial that we spend ample time talking when we're together, and meals like breakfast or lunch are a great opportunity for this. Although listening is my primary focus, I also offer advice on how the mentee can become more self-sufficient and productive.

How have you seen having a mentor benefit your mentees?

I am convinced that anyone can overcome obstacles and become a positive influence in the world with some assistance, friendship and a positive outlook on life. During the time I've spent with James, I've observed him growing more positive, focused and enthusiastic about the future.

What would you say to encourage others to become mentors at the Mission?

There is a pressing need to help men realize that a better life is possible. Dedicating time to being a reliable advisor and friend to those seeking to improve their lives enriches everyone involved. I have seen firsthand the positive and transformative impact. I highly recommend the Mission to those looking to make a meaningful difference in our society.

Reframing RECOVERY



James joined the New Life Program with one main goal: to stay sober and find a life of recovery. And yet, as he progressed through the program, he gained and achieved more than he ever thought possible.



“Zaria has shown me the importance of my autonomy and my mental health.” -James

On day one of joining the New Life Program, James was connected with a counselor, not realizing how much of a support she'd end up being on his journey of recovery.

“I always feel better after talking to her,” James shared about his counselor, Zaria Norman. “Her attitude and cheeriness, even when I have negative things to say, she [reminds me], ‘Look at everything you've done.’”

“Since that day, I was highly motivated,” James said. “I went to 48th and I stayed sober that whole time.”

Living at the 48th Avenue Center shelter motivated James to decide to join the New Life Program, where he began engaging in classes, counseling, case management, and more.

“I got my license back for the first time since 2007. I've gotten two certifications in cybersecurity and

It's physical health and building community,” Zaria explained.

One of the most beneficial things James learned in counseling was about codependency and its role in his own relationships. “He really leaned into attachment theory—the notion that our early caregiver relationships affect our self-efficacy and possibly relationships as an adult,” Zaria said. “It was like a complete switch after that. He gained so much self-esteem

“We want to teach them how to build skills that promote their independence. Our chaplaincy team has coordinated language with our intake team to conceptualize everyone coming to our door with a ‘Life Recovery Plan.’” -Rachel Lopez, Clinical Director

James started drinking at the age of 14 and struggled with alcoholism for the next 30-plus years. Through the ups and downs of life—owning several homes, working and losing jobs, while in between spending time in and out of prisons and jails—alcohol remained a constant in his life.

That is until he was robbed, leaving him with nothing and experiencing homelessness for the first time in his life.

am trying to get a bachelor's in cybersecurity,” James shared. “Zaria was a huge support. When I wanted to give up on college, she convinced me that I should try to continue.”

Each counselor's overarching goal is for participants to take control back over their lives and to help each person reframe their definition of recovery.

“Most people think it has to do with just addiction or substance abuse, but recovery is mental health.

because he saw that he could do things on his own.”

James is grateful to his counselor for helping him learn and apply useful tools, ones that he has carried with him now that he's in stable housing. “I'm coping with things better,” he said. “I'm handling instead of catastrophizing. That's something that has changed in me. It has been huge.”

Our counselors engaged in 2,300 hours of counseling last year. You can help more people receive this important part of recovery at DenverRescueMission.org/ChangingLives



Scan to Give!

COUNSELING'S IMPACT

"One guy, who recently graduated, came in with both addiction and mental health [issues]. His goal coming in was, 'I need to get better to have my son back.'



He had a rough start, and we weren't sure if he would choose to stay. But he did. He worked through it. He's connected with his son now and sends updates with pictures of him and his son. It is just really sweet." -Zaria



JAMES WITH HIS MENTOR STAN

James and his mentor Stan have been meeting regularly as part of the Mission's mentor program, including recently for lunch in this photo. Mentors provide relational, emotional and spiritual support to men and women participating in the Mission's programs. You can make an impact on someone by **becoming a mentor** DenverRescueMission.org/Mentor

OUR CORE STRATEGIES



EMERGENCY SERVICES

Meeting the needs of the most vulnerable



REHABILITATION

Equipping men through a life-changing program



TRANSITIONAL PROGRAMS

Transitioning people into stability



COMMUNITY OUTREACH

Providing essential needs for daily life



DONATE YOUR CAR. TRUCK. VAN. SUV.

DenverRescueMission.org/Vehicle

LOCATIONS

Lawrence Street Shelter | Lawrence Street Community Center | The Crossing | Ministry Outreach Center | Holly Center Administration & Education | 48th Avenue Center | Harvest Farm | Fort Collins Rescue Mission

DENVER RESCUE MISSION IS A PROUD MEMBER OF:



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