



**eugene mission**   
 Rescue + Revitalize + Restore

Denver Harris & Life Change Program participant Justin Warner.

## Rejoice!



*"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead." [1 Peter 1:3]*

He overcame death...

No matter how many times we experience the miracle, we never cease to be amazed. We are in worshipful awe of how our Mighty God restores life in this broken world.

The beginning of the journey with our guests is often heartbreaking. A precious person comes to the Eugene Mission thinking they have no other option and have literally reached the end of their life.

They've lost their family, their possessions and their health. They've been disowned because of addiction and have been brutalized by the darkness of the streets. Their mental health is poor and they believe the lie that they can never again contribute to others and be a part of a healthy community.

With open arms we welcome the precious guest into our safe and Hope-infused environment. Over time, our guest begins to heal. Hope is restored. Sobriety is maintained. Trust is

*"Why do you look for the living among the dead?  
 He is not here; He has risen!"*

*[Luke 24:5b-6a]*

rebuilt. Life skills are learned or relearned. And the chains fall. It is a miracle of renewal and reconciliation.

It is such an extraordinary privilege to partner with our guests as they engage in the courageous work of rebuilding their lives. We share our guests' joy as their relationships with family members and friends are restored and their God-given gifts and purpose reemerge. Our guests go from devastation to a life restored with family, vocation and purpose. It is true joy! Halleluiah!

In this season of celebrating the Resurrection of Jesus Christ, our Lord and Savior, we also celebrate and give witness to the miraculous work He is doing in the lives of our guests at the Eugene Mission. May it be to His glory!

In gratitude and joy,

*Sheryl Balthrop*

Executive Director



Life Change phase up celebration.



Women's Life Change Program staff.

## The Transformational Life Change Program

Oregon's statistics on substance abuse are grim. While Oregon had the third-highest addiction rate in the country last year, our state ranked 47th out of 50 in treatment options. This inverse correlation is not good. Substance abuse costs families and individuals an inestimable toll in maintaining relationships, employment, health and housing.

The Eugene Mission recognizes the brutal suffering caused by substance abuse and supports its guests in their sobriety. We are committed to changing the terrible trajectory of addiction in the lives of our guests and to providing them with a pathway out of it. Recovery is a critical piece to the journey off the streets, and we recognize that recovery takes time, dedication and resources.

The Eugene Mission's Life Change Program embodies our commitment to walking this journey with our guests and sharing the complete healing that Jesus Christ offers them. The Life Change Program provides 18 months of intensive residential relapse prevention services free of charge. The program helps participants heal and grow spiritually, emotionally, physically, socially and vocationally so they are equipped to victoriously re-enter healthy community.

Before entering the Life Change Program, an applicant is interviewed to evaluate whether the program is a good fit. Once enrolled, the Life Change Program unfolds in five phases that build upon one another in an intentional progression over the course of 18 months. Upon successful completion of each stage, the individual advances in a process called "Phasing Up."

The core curriculum of the Life Change Program is The Genesis Process by Michael Dye, CADAC, NCAC.

"When a man or woman comes to my office to talk about the Life Change Program, they are torn up," shares Denver Harris, Life Change Program Director. "They are worn down from years of struggling with drugs and alcohol, conflict, chaos and relapses. In order to change, they need a comprehensive program that not only addresses behavior, but who they are at the heart level. It takes 'whole person' change."

Transformation starts with identifying and working through life history that drives destructive and addictive behaviors. Faulty belief systems are challenged in process groups and replaced with healthy ways of thinking and behaving.

Participants learn to track, measure and short-circuit relapse patterns with vital ongoing support and accountability with their program counselor.

The Genesis curriculum provides the knowledge, skills and practical tools necessary for lasting change.

Genesis integrates Biblical principles for personal change, proven relapse prevention techniques, cognitive therapy and the latest neurochemistry research to comprehensively address, heal and transform people damaged by self-destructive thoughts, feelings and behaviors.

"It was helpful to learn how my brain responds to a situation that triggers early trauma in my life," shares Justin Warner, who approaches his one-year sober anniversary. "I feel like I have better control over angry impulses."

Justin smiles brightly as he explains this.

"I'm a much more peaceful person now," he says. "I understand that I have a choice in how to respond to stressful situations."

***"The Life Change Program is the best kept secret in the Pacific Northwest. Life Change's success rate is more than double the rate of other programs."***



Many guests of the Eugene Mission come from a social network that centered around destructive behaviors, fueled by drug and alcohol use. In addition to the Genesis curriculum, Life Change participants also attend multiple weekly recovery meetings such as Alcoholics Anonymous and Celebrate Recovery to begin building a network of sober friends and associates.

An important final element of the Life Change Program is finding a church family.

“The Church is extremely important to long-term recovery,” explains Harris. “Our men and women in the program attend church every week to find a community of faith that will continue to be a part of their new life after graduating from the program.”

The Life Change Program is the best kept secret in the Pacific Northwest. Life Change’s success rate is more than double the rate of other programs. We have demonstrated that long-term recovery is made possible by providing the comprehensive programming necessary to address the complexity of issues that bring people to the Eugene Mission — complexity that simply cannot be addressed by typical 30-day recovery programs limited by insurance coverage.

*We invite you for lunch in our new Learning Center to learn about the Eugene Mission and the transformational Life Change Program with Director Denver Harris on Monday, April 17th at 11:30 a.m.*

*Please RSVP to [Beths@eugenemission.org](mailto:Beths@eugenemission.org).*

## Celebrating Sobriety

### Justin

“I came to the Life Change Program knowing that if I didn’t get help, I would end up back in prison,” shares Justin Warner. “I was a methamphetamine addict and the only time I was sober as an adult was when I was incarcerated.”

Justin shares a common theme with our guests in the Life Change Program: trauma, domestic violence and family disintegration.

“My grandmother raised me and my siblings,” says Justin. “My mother was an addict and there was a lot of violence in the home.”

Justin began getting into trouble when his grandmother died in his mid-teenage years.

“I was a violent and angry person,” he says. “I fought a lot.”

Today Justin is one-year clean and sober and working full-time at Buckley Detoxification Services.

“I love my job,” beams Justin. “I would like to ‘give back’ and help other people who are beginning their sober journey.”

### Henry

“I am 14 months sober,” shares Henry Verville as he talks about his time in the Life Change Program. “I had come to a point where I was completely isolated and cut off from everyone in my life.”

Today, Henry is in Phase 5 of the program, working full-time as a donations processor at St. Vincent de Paul and taking classes at Lane Community College.

“I am taking introductory courses in apprenticeship to pursue a trade school in heating, ventilation and air conditioning



(HVAC),” says Henry. “This is the longest stretch of sobriety I have had as an adult. I’m doing really well, and I am so grateful to the Life Change staff and to God for helping me get here.”

*We invite you to celebrate the remarkable journey of our Life Change Graduates on Friday, June 23rd at City First Church at 6 p.m.*



## Alumni Breakfast Attendance

The Learning Center kitchen was a buzz of activity in the early hours of a Saturday morning, preparing for an Alumni Breakfast celebrating graduates of the Life Change Program. Not knowing exactly how many guests to expect, current Life Change members were busy baking banana bread, warming quiches, frying bacon and cutting fruit. The tables were set and the buffet breakfast laid out as one,

two, twenty...forty...seventy...eighty Alumni, volunteers and mentors walked through our doors to gather, celebrate, reconnect, pray and eat!

The banquet room was filled with previous Mission guests who completed the intensive relapse prevention program over the last decade. What a joyful reunion!

We would love to host you for a tour and visit of our programs that bring Hope and healing. To schedule your visit contact : [Miket@eugenemission.org](mailto:Miket@eugenemission.org)

*"When I looked across the room, I remembered the first time I met many of these people. They were torn up, broken, sick and very scared. To see them thriving today...this is what I am privileged to do—to be a shepherd to hope and healing."*

— Denver Harris, Life Change, Program Director

## Ways to Give

When our guests get well, our entire community benefits. Our success rate with our guests multiplies through generations and through the broader community. The Eugene Mission does all of this with ZERO public funding—just private donations from generous community members and through the hard work of our staff and community volunteers. Please consider joining our efforts!

- + Become a monthly sustaining supporter at [eugenemission.org/giving/](http://eugenemission.org/giving/)
- + The Eugene Mission gratefully accepts donations of stock.
- + Remember the Eugene Mission in your estate planning: FEIN#93-0563797.
- + Donate using the envelope included with this newsletter.

## Easter Blessings from the Eugene Mission

*"For God did not send his Son into the world to condemn the world, but to save the world through him." [John 3:17]*

## Notable Numbers March 2023



Meals served to unhoused individuals



Mission guest class hours



Mission guests met program benchmarks



Mission guest vocational training & life skill hour



of men, women and children received Hope, a healthy living environment and all necessities along with relational engagement, programming and navigation services.

## Wish List

- + Volunteers who are interested in leading baking sessions in our Training Kitchen.
- + Bacon
- + Coffee
- + Fresh salad greens
- + All-purpose flour
- + Olive oil
- + Granola bars