



eugene mission   
Rescue + Revitalize + Restore

*“Why do you look for the living among the dead?  
He is not here; He has risen!”*  
[Luke 24:5b-6a]

## 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 rebuilt. Life skills are learned (or re-learned). 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 re-emerge. 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 in Five Phases

The Life Change Program is a faith-based, residential relapse prevention program, currently for men who are struggling with substance abuse disorder. The program, now in its eleventh year at the Eugene Mission, has been demonstrated to be extremely effective in long-term recovery from addiction to drugs and alcohol.

“The ideal applicant recognizes that they are ready to surrender to the fact that they cannot do life on their own any longer,” says Program Director Denver Harris. “We are talking about not just being abstinent but living ‘sober-minded.’”

We are pleased to announce that Women’s Life Change will be restored at the Eugene Mission beginning in June 2022. The profile of women in addiction is changing, and not for the better, especially among younger women. The gap in rates of excessive drinking between men and women is lessening as is the rate of overdose deaths. While the Life Change Program for women existed previously at the Mission, the disturbing increase in women’s addiction and overdose deaths—particularly with the predominance of methamphetamine and fentanyl—urged us to prioritize its permanent re-establishment.

“The Life Change structure and timeline has proven to be extremely beneficial in providing long-term sobriety,” says Denver. “We want to see women who are struggling with addiction healed and in recovery.”



*“Today I have 16 months clean from drugs and alcohol. I feel better than I ever have and more! I’ve worked through a solid program, putting God at the top. The obsession has been lifted and I’m truly blessed! Thank you, Life Change, and everyone that helped me along the way. Love you.”*

—Serge Lemay, 2022 Life Change Graduate



The Life Change Program is structured in five phases that build upon one another in an intentional progression over the course of 12 to 18 months. Before entering the Life Change Program, an applicant is interviewed to evaluate whether the program is a good fit. Upon successful completion of each phase, the individual advances in a process called “phasing up.”

The first phase of Life Change is called the “Honesty Phase.” These initial 30 days in the program are a time to stabilize and complete a beginning Recovery Plan.

“A hardcore addict that has been at it day after day for years needs 30 days just to stabilize,” says Denver. “It takes 30 days just to be clear-headed enough to function.”

The second phase, called the “Endurance Phase,” lasts for approximately six months. During this critical time, a program member acknowledges the need to surrender and recognize that their addiction has become completely unmanageable. The entire program focuses on accountability and the Endurance Phase has structured classes, counseling sessions, regular vocational training in the Mission kitchen, community service time and process groups.

“Most of these people have not held a steady job for more than six months at a time,” notes Denver. “They have not been accountable to themselves, to their families or to an employer. We work during this phase to show up on time, resolve outstanding legal issues and build a network which includes a sponsor, a mentor and an accountability team.”

Program participants are encouraged to find a church family and attend regular AA or Celebrate Recovery meetings. This is when a sober community begins to form around the individual and they develop healthy relationships that support sobriety.



*"I have swept away your offenses like a cloud,  
your sins like the morning mist. Return to me, for  
I have redeemed you."*

*[Isaiah 44:22]*

The "Transformation Phase" (Phase Three) occurs at the nine-month benchmark and is a time to begin real-world preparation, including plans for an occupation. Participants continue to engage in vocational training, participate in community service projects and attend bible study, classes and process groups. During this phase, much time is spent in the Eugene Mission computer lab learning computer skills, writing papers and preparing a resume and job-seeking skills.

Phase Four, the "Commitment Phase," is characterized by learning how to navigate the outside world, including managing both time and money. A program exit plan is initiated during this three-month phase. Financial management and budgeting "need vs. wants" are established. Participants seek jobs and begin either working full-time or attending a trade school or vocational program.



At the one-year mark, Life Change participants begin Phase Five.

"The final six-month phase is independent living with accountability," describes Program Director Denver Harris. "It's a phase likened to training wheels. You live independently and go to work, go to meetings and are accountable to check in with your counselor."

During Phase Five, the Life Change Program offers on-campus studio apartments to simulate independent living while allowing participants to save money for future expenses. Household items, furniture and groceries are provided from the generosity of in-kind donations to the Eugene Mission.

"Women's Life Change will be structured exactly the same as the current program," explains Director Denver Harris. "Some of the classes will be different, however, because women in addiction have their unique issues and emotions that need to be acknowledged and addressed."

There are also plans to incorporate childcare for Mission guests with dependent children in our new Family Room.

## Learn More

Learn more about Women's Life Change with Program Director Denver Harris and current Life Change graduates.

A special Easter brunch will be provided by our Culinary Training Program in our new Learning Center on **Saturday April 16 at 10 a.m.**

Please join us, RSVP to [lifechangeinfo@eugenemission.org](mailto:lifechangeinfo@eugenemission.org).

*“Person by person, Mission staff members and volunteers partner with our guests to discover and develop each individual’s unique giftedness. We walk beside our guests and tailor campus life skills, curriculum and activities to assist them with their sustainable restoration to the community. We know their names, we listen to their stories and we work hard—together. At the Mission, by building authentic relationships, we aim to honor the image of God in our guests.”*

— Sheryl Balthrop, Executive Director



## Life Change Construction Match

The Eugene Mission is currently renovating one of its existing buildings for the Women’s Life Change Program. The two-story building will include office space for Life Change staff and volunteers, classroom space and six modified apartments. The Eugene Mission is blessed with a highly skilled in-house construction team led by Luiggi Rossi, a 47-year contractor who has been with the Mission for three years. Luiggi and his team have begun work on the new Women’s Life Change house with an eye on a June 25, 2022 grand opening. We have received a generous \$200,000 challenge match for refurbishing the building and facilities needs. Your contribution will be matched \$1:1 through May 15, 2022.

Please contact [beths@eugenemission.org](mailto:beths@eugenemission.org) with your matching gift.

### Wish List

- + Spoons, forks, knives. We prefer to avoid plastic utensils and would be grateful for cutlery.
- + Bacon for Easter Brunch
- + COTTON quilting fabric including remnants for our quilting classes.
- + Diapers size 4, 5, and 6.
- + Paper coffee cups.
- + Fresh salad greens for fresh salads.

### Ways to Give

- + Become a monthly sustaining supporter at [eugenemission.org](http://eugenemission.org).
- + Join the \$1:1 Challenge Match for Women’s Life Change by May 15, 2022.
- + Remember the Eugene Mission in your estate planning, will or instrument FEIN#93-0563797.
- + The Eugene Mission gratefully accepts stock donations and vehicles in good working condition.



“It is incredible to see these people who come into the Life Change Program so lost, so broken and so beat up. To see them walk out of here 18 months later with their head held high, with a job, with money in the bank—it’s incredible to watch God’s work in these people. Incredible.”

— Denver Harris,  
Life Change Program Director

### Prayer Requests

Please pray for our guests, staff and volunteers who are working together in our R<sup>3</sup> and Life Change Programs. Please pray for wisdom as we restore Women’s Life Change to the Eugene Mission.