

# HIS HANDS

REACHING HEARTS | CHANGING LIVES

## FINALLY FREE

From Prison and Poverty



# CELEBRATING the Power and Joy of Easter



**Rev. Richard Trickel**  
CHIEF EXECUTIVE OFFICER

Dear Friend,

Through many years of living and working with hurting people, I've seen hundreds of men and women completely change when they understand that forgiveness and grace are available no matter what mistakes they have made.

They, like all of us, have done nothing to earn such a great gift, which is why the power and joy of Easter lead us to embrace a new life.

Many of our guests have been addicted to drugs or, like Michael, locked up in prison. They became too wounded to believe in themselves or in a Savior who loves them enough to give His life for them. But when they see they have a God and a community who cares for them enough to give them a second chance, they have more hope than they have ever known.

Recently, we created six specialized program options that offer more suitable care for each individual. In these pages, you'll read how Michael, a man with many barriers to success after prison, found stability through a long-term stay. Thanks to you, he is now pouring back into the community at Crossroads and across Cleveland.

You are part of this remarkable process for thousands of people like Michael each year. You provide the meals and shelter that strengthen our residents. And you support programs that heal them, give them peace, and lead them toward joy-filled lives in Christ. May God bless you this Easter season and always.

In Christ,

A handwritten signature in blue ink that reads "Rev Richard Trickel". The signature is written in a cursive, slightly slanted style.

**Now this is eternal life:  
that they know You,  
the only true God,  
and Jesus Christ,  
whom You have sent.**

*JOHN 17:3, NIV*



# YOU HELPED MICHAEL BECOME A FREE MAN

*"A fool hates wisdom and knowledge.  
I had to show God I'm no fool."*



**W**hen Michael was released from prison a year ago, he was still a prisoner to anger, misery, and poverty. He was not a free man at all. "I had no peace, no joy, and no love in my life," he recalls.

Michael reached out to God and asked for guidance. "The Lord led me to The City Mission to change my life," he says.

## **"Knowledge is power."**

For Michael, as for all the men in our Crossroads program, changing his life meant changing his way of thinking. He underwent an assessment by a caseworker and began one of our individualized program tracks. Three classes made an especially profound impact on Michael's progress: Dialectical Behavior Therapy (DBT), Touch of Reality, and Anger Management.

"Those three classes are amazing," Michael says. "You have to pay attention and take it in. Knowledge is power. A fool hates wisdom and knowledge. I had to show God I'm no fool. You have these people teaching here for a reason. I'm going to listen because I know it's God speaking through them."

At 50, Michael admits it wasn't easy turning his life around, but it was worth the effort. "When you come to the The City Mission, doors will open



**“The City Mission loved me before they even knew me.”**

up and change your world. But you got to crawl before you walk, and you’ve got to go through the steps like I did. I’m a new person now. The City Mission taught me how to be a better man. How to live my life right. How not to be homeless again.”

As part of his individualized program, Michael developed practical life skills that helped him become self-sufficient. He now has a job moving furniture and recently moved into a place of his own. He also bought a car with money he saved.

### **“That’s love!”**

Michael says, “The City Mission loved me before they even knew me. They said to this stranger on the street, ‘Come in. We’ll feed you. We’ll clothe you. We’ll teach you.’ That’s what they did for me. That’s love! So how can I not do that for the next person who comes along in my life? I want to give back to people.”

Michael adds, “People come in off the streets or out of prison and think there’s no hope. But God is in



this place. He shows His goodness through the people here.”

Today, Michael is truly a free man. Thank you for your support for The City Mission. “It’s amazing how people donate so much to this place! Whoever you are, thank you. You helped change my life.”

# The Road to Recovery is Not the Same for Everyone

When someone comes to The City Mission to get back on track, there are actually five tracks available to them.

Michael Hahn, Laura's Home Program Manager, explains that individualized tracks were first implemented in the women's long-term program. When that proved successful, the same approach was used for the men's program beginning in September 2019.

"We have no filter as to who comes to us," Hahn explains. "To create one program that everyone goes through is not realistic. We made sure our program reflected them as individuals in God's eyes. That flexibility gives us the ability to give everyone exactly what they need."

Upon arriving at The City Mission, a client completes a thorough evaluation comprising their history of homelessness, substance abuse, criminal background, relationships, and more. A caseworker reviews the evaluation with the client, assigns them a program track, and develops their individualized program.

The tracks allow clients to enter the program at their point of need. "Some clients have been in poverty long-term. They have a history of substance abuse and trauma. A typical stay is nine months," Hahn explains. "Others can go into a readiness program right away. That stay is only four months or so. Some are already employed, they don't have a substance abuse problem, but they just need a little bit of time to save and get into housing again."

Tracks are also available for clients coming out of jail or prison, for those with mental illness, and for chronically homeless people who simply need a place to stay before moving on to other accommodations.

Hahn has already seen the individualized tracks lead to a dramatic increase in clients moving into permanent housing. "The spiritual care is the foundation for every single success that's going to take place in their work, in their income, in their housing."

## STANDARD LONG-TERM TRACK

- Age 30+
- History of substance abuse, homelessness
- Significant trauma

## WORK TRACK

- Age 18–30
- Working towards employment, housing

## RE-ENTRY TRACK

- Direct referral from jail or prison
- Incarcerated 2 or more times in past 3 years

## HOUSING TRACK

- Mental health issues
- Not group-appropriate
- Immediate housing

## EMPLOYED TRACK

- Working full-time
- No substance abuse
- Budgeting, debt management

## TRANSITIONS TRACK (Non-Programming)

- Not seeking engagement
- Provide basic needs only
- Waiting for other program





9<sup>TH</sup> ANNUAL

# 5K Run

1 MILE WALK | KIDS DASH

**Flats East Bank**  
**Saturday, June 13, 2020**

All proceeds benefit men, women, and children at The City Mission, empowering them to recover from homelessness and move towards a stable future.

**PRE-REGISTRATION  
 ENDS JUNE 12**

5K Run	\$35
1 Mile Walk	\$25
Kids Dash (2-8)	\$15
Family	\$55

**DAY-OF REGISTRATION  
 ON JUNE 13**

5K Run	\$40
1 Mile Walk	\$30
Kids Dash (2-8)	\$15
Family	\$60

**REGISTER TODAY**

[www.thecitymission.org/RWAM](http://www.thecitymission.org/RWAM)



## Team Captain Fundraising

A NEW WAY TO GO FURTHER FOR THE CITY MISSION

Team Captains rally their circle to donate to their personalized fundraising page, so that families and individuals in Cleveland continue to find the resources they need to recover and thrive at The City Mission! Making the ask on social media, through email, or through small fundraisers (jeans day at work, anyone?) is simple, and brings your network together to make a difference for people experiencing homelessness in our city. Along the way, you'll have the opportunity to win some amazing prizes.

### 5 ways to become a Team Captain

**SIGN UP AS A:**

1. 5k Runner
2. 1 Mile Walker
3. Kids Dasher
4. Volunteer
5. Fundraising Friend (for those who cannot attend the event on June 13th but want to fundraise)

**If you have any questions about what it means to be a Team Captain or would like unique ideas on how to fundraise, email us at [connect@thecitymission.org](mailto:connect@thecitymission.org).**

## OUR BOARD

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**THE  
 CITY MISSION**

REACHING HEARTS | CHANGING LIVES

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*Providing help and hope to all people through the transforming power of God's love*

