



# RAISING UP

The good news at Helping Up Mission



CEO Induction Ceremony  
see page 4 for more

"Nobody comes to HUM  
on a winning streak."



## Tim has been Flooded with Life Enrichment

Tim, age 33, was born and raised in Catonsville, Maryland. "I had a good family," recalls Tim. "When I was five years old, my younger brother was born with Muscular Dystrophy. I give my family a ton of credit. My parents attended every concert and sporting event. But the family dynamics changed dramatically, and it was hard to watch my brother struggle. I did well enough in school to get a full scholarship to UMBC to pursue a degree in astrophysics."

switch majors to political science. While my friends were willing to do anything to be the best in astrophysics, I was willing to be the best at work. I gave up real relationships to work 60 hours a week. In 2014, I was doing so well at work that I dropped out of college. At Tersiguel's my responsibilities started to pick up, I studied to become a sommelier, and I loved it. "

"The first time that I used drugs was when I smoked marijuana for my 18th birthday. My first drunk happened at age 19 while attending UMBC. Drinking was an exciting culture to enter for me. Until then, I would play Risk and make smoothies with my high school friends for entertainment. I got a job at Tersiguel's French Restaurant in Old Ellicott City during my first year. The restaurant industry was a good fit for me. I had the natural charisma to make personal connections and became a good waiter. I started smoking marijuana 2-3 times a day. I worked while high."

"In 2015, I was driving home from Richmond, Virginia, and got pulled over for a DUI. I was partying nightly to the point of blacking out. Recognizing the legal ramifications of my crime, I knew that I had to get sober fast. I entered an outpatient facility in Columbia, Maryland called Kolmac. I attended Alcoholics Anonymous meetings and for the next 18 months, I was sober. I bought a house, moved in with my girlfriend, and got a cat."

"During my junior year in college, I was suspended for smoking marijuana. I experienced a general malaise and decided to

"On July 30, 2016, I was working as the General Manager of Tersiguel's. It was a beautiful night, and the restaurant was bustling. I was in the cellar when the windows caved in, and water rushed into the building. It was like a scene from the Titanic. I thought that if I could save one box of our most expensive wine that it would not be a total loss. The

> continued on page 3

### WHAT'S INSIDE:

Dan Stoltzfus's  
Monthly Update 2

Photo Story 2

Focus on  
Recovery 3

The Passing  
of the Torch 4



NOW IT'S UP TO US

1029 East Baltimore Street  
Baltimore, MD 21202-4705  
410.675.7500  
410.675.HELP





## NOW IT'S UP TO US Dan's Monthly Update

Dear HUM Family,

Each day at Helping Up Mission, I am inspired by our community and those who walk through our doors on East Baltimore Street seeking help and hope. In this month's newsletter, Tim's story gives you a small window into the talent and diversity of those who come to HUM after their lives have been disrupted by addiction.

In my new role, I've walked the hallways at HUM and been out on the street with our compassionate and effective street outreach team in recent days. These experiences inspired me once again with the reality that Tim's interview captures, "HUM is a safe place to reflect, rebuild and rediscover the things that make me happy and sober...HUM is a place that gives faith to rejoin the community."

How exactly does HUM offer the environment that Tim shared has helped him "reflect, rebuild and rediscover" what has been lost to homelessness, addiction, and trauma? I believe it is a combination of people, partnerships and purpose that make it happen:

- **People**—our dedicated staff, graduates, and volunteers—many of whom have experienced their own addiction, hopelessness, or trauma—share their story and point the way to a new future.
- **Partnerships**—our partners deliver vital support like mental health counseling, primary care, and life enrichment that offers an opportunity for a new path for those who lost their way.
- **Purpose**—our focus is on delivering help and hope to those we serve and HUM recognizes the source of that hope comes from God and but He often delivers it by us "helping up" those in need.

For those who haven't yet walked through the doors of this community of hope—our invitation stands open as we proactively seek out those in need of hope and transformation. Sometimes it is those in need on the streets or coming into our program, but many of us also need hope and transformation. We find it in our mission at HUM. As you stand with us in giving and service, we pray that you experience hope and change along the journey.

Thank you for all you do to bring hope and a brighter future to those we serve in our residential programs and on the streets with our outreach. With your support, HUM can help those in battling addiction, homelessness and despair get on a "winning streak" again.

Serving with you,

Daniel

## Happy Valentine's Day

The ladies of our Center for Women & Children recently enjoyed spending time in our therapeutic art room designing Valentine's Day art. We believe that life enrichment is a fundamental aspect of Helping Up Mission's innovative Spiritual Recovery Programs. Our residents come here for recovery and soon discover so much more! These love-inspired creations were designed by Julia J., Natasha D., Elina L., and Leslie J.



How's your spring cleaning coming along? This spring, make a fresh start and leave a lasting impact by creating your will in support of Helping Up Mission. Get started today! <https://giftwise.com/helpingup>

\* Due to an overabundance of kindness, we are not accepting women's and children's clothing through April 1st.

2016 historic flood of Ellicott City had just destroyed the main street. It was traumatic. The whole community responded well and in October we were reopening, and a coworker offered me a beer. My boss asked me if I was making the right decision and for the next three months everything went fine, until it was not. I began hanging out with an older crowd and was introduced to cocaine. Soon I lost my job, my girlfriend, my house, and my cat. It was my first taste of "rock-bottom."

"My mental health quickly deteriorated. I placed the blame on everyone else but myself. I ended up in psych wards and hospital beds for self-harm. I still did not recognize my addiction. At the age of 29, and full of shame, guilt, and embarrassment, I moved back home with my parents. Once again, things started going well. I got a job in politics knocking on doors for a candidate. In 2020, the COVID pandemic hit, and the candidate

I worked for dropped out of the race. Suddenly, I was collecting unemployment without a job for the first time since I was 15 years old. "

"I got a new job at a restaurant in Catonsville. Around this time, some of my friends died from their addictions. I stopped using drugs as a result, but I kept drinking every night. In May 2021, I got my second DUI. This time I was unable to stop drinking and my worried friends held an intervention. The brother of one of my friends graduated from Helping Up Mission (HUM) in 2008. My parents gave me an ultimatum check into HUM or leave the house. My mom dropped me off the next day and I entered the lobby with nothing but a few dollars."

"At first, I would ask myself what am I doing here? I started hanging out with a good group of guys that were done with the grind of addiction. So, we started to grind out our recovery by going to

meetings, doing step work, and getting a sponsor. I completed my training to become a Certified Peer Recovery Coach. I joined the HUM Trail Team. I attended Camp Wabanna. If a life-enrichment opportunity were made available to me, I would take advantage of it. Now I work as an intern for our Workforce Development Program. I love being able to help people who are trying to reenter society get the documents they need for success. Nobody comes to HUM on a winning streak, but we can help give them faith to rejoin the community."

"Thanks to the donors for making HUM a safe place for me to reflect, rebuild, and rediscover the things that make me happy and sober. I have rekindled my love of playing the steel drum with the HUM Choir & Band and the music is coming back to me. I am going to stick around, finish my IT certification, and save for my future."

To read more of Tim's story, visit [helpingupmission.org/stories/time](https://helpingupmission.org/stories/time)

## Focus on Recovery – Mike Rallo – Director of Spiritual Life



When you think of an addict, what comes to mind? Honestly... is it a man or woman under a bridge? No education? Moral slacker? Well, our spotlight this month is a graduate named Tim E.

"I always felt like I was the smartest man in the room," said Tim, with no hint of arrogance. "Most people don't like the smartest man in the room. In fact, I didn't like myself."

Tim went to UMBC on a full ride to study Astro-physics... also an accomplished musician and a sharp mind for politics. But like many here at the Helping Up Mission, alcohol and drugs caused a derailment. Amazingly, this gifted young man found himself at the mission after reaching his bottom.

"I didn't feel like I belonged here at first," said Tim, "I couldn't believe that the only option I had was to be in this place... but thank God I did."

Because here at the mission, Tim realized that addiction has no face to it. "It effects indiscriminately, randomly and totally."

And in that total destruction, Tim found his sobriety and recover. He has over 1-year sobriety and more importantly "decades of life in front of me full of hope."

Tim now has a deep desire to use his his experience to help others.

"I can't imagine being given so much and not doing my best to give it away," said Tim, a few days before his graduation from the mission. "The pain isn't wasted if you can make change with it."

That's a pretty good face on addiction and recovery.

## Your Impact Doubles to Transform Hearts & Lives

What if you could make twice the difference for a neighbor in need? Friend, today you can!

We have received a generous \$122,346 Matching Gift Challenge from a small group of people who have a heart for hurting souls across Greater Baltimore. And now, they are challenging you and our entire family of supporters to help match it.

By giving now, your gift will DOUBLE in impact!

That means you will bring 2X the help to men and women longing to recover from homelessness and addiction.

So many people in our community are hurting right now, especially those at the margins of society. Despair, hopelessness, homelessness, and addiction are on the rise.


For their sakes, please respond today to the Matching Gift Challenge. Any amount is appreciated and will double in impact for:

- ☑ 2X the nourishing meals
- ☑ 2X as many nights of shelter
- ☑ 2X as much clean clothing
- ☑ 2X the counseling, education, and spiritual recovery

The Matching Gift Challenge ends soon. Friend, please take a moment to give now: [helpingupmission.org/challenge](https://helpingupmission.org/challenge). Your kind contribution will provide twice the help and hope for neighbors in desperate need.

Thank you!

 Find us on Facebook at [facebook.com/Helping.Up.Mission](https://facebook.com/Helping.Up.Mission)

 Follow us on Twitter @helpingup

## DONATE NOW

 Mail us your gift

 [helpingupmission.org/donate](https://helpingupmission.org/donate)

 410.675.HELP

Donate your car:  
[helpingupmission.careasy.org/](https://helpingupmission.careasy.org/)

NOW IT'S UP TO US

## The Passing of the Torch



On January 19, 2023, longtime CEO of Helping Up Mission, Robert Gehman transitioned into the new role of President Emeritus within the organization. Bob passed the torch to K. Daniel Stoltzfus, who has served as Chief Operating Officer for the last 4 years.

In a packed Center for Women & Children chapel, key partners, family members, longtime coworkers, fellow mission CEOs, and guests all bore witness to this special event.

For close to 30 years, Bob has led the growth of the mission's flagship Spiritual Recovery Program. An innovative program that has witnessed 2,000+ men and women undergo true life transformation.

As HUM's COO, Daniel provided leadership for the organization's day-to-day programs and operations for the 600-bed community.

"After the completion of our extensive search process, we are honored to have Dan as the next CEO of HUM," said Bruce Mortimer, Helping Up Mission's Board President. "Throughout the process, Dan demonstrated all of the characteristics the Board was looking for in HUM's next CEO. The fact that he was also an in-house candidate with years of experience that we have witnessed first-hand, left us more than confident that he will lead the organization seamlessly into the future."

Thank you, Bob, for every single thing that you have done for us and the community of Baltimore. Congratulations Daniel, we are truly blessed that HUM is now in your hands.

Hope is on the way.



## Our Mission

Helping Up Mission provides hope to people experiencing homelessness, poverty or addiction by meeting their physical, psychological, social and spiritual needs.

1029 East Baltimore Street  
Baltimore, MD 21202-4705 • 410.675.HELP