



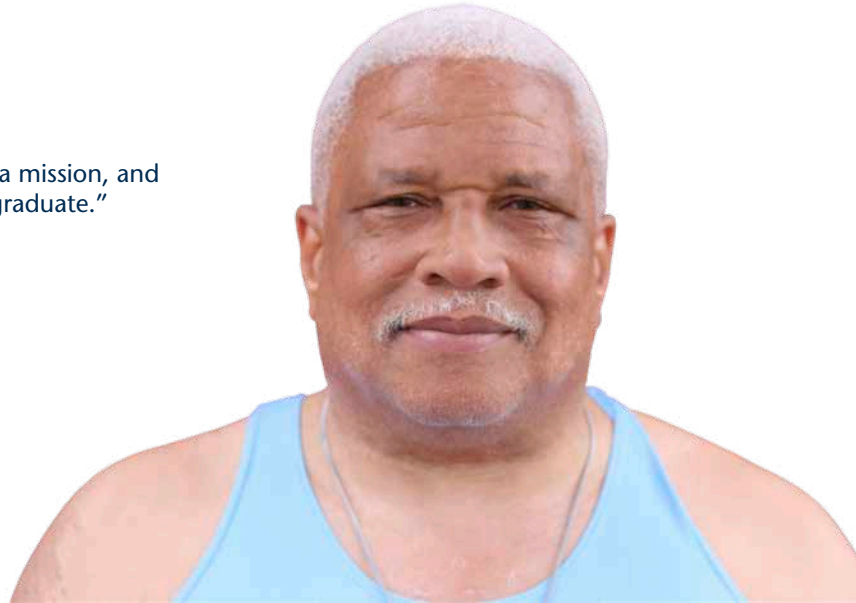
RAISING UP

The good news at Helping Up Mission



Support Team HUM!
see page 4 for more

Scott is at the Starting Line



“It was more than just a mission, and to prove it, he was a graduate.”

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Scott C., age 61, was born in San Bernadino, California. “My father was a civil servant in the United States Marine Corps,” recalls Scott. “I was raised in California but moved to Maryland in grade school. My family was a normal, church-going, and two-parent household. My father started to drink more when I was in my early teens. Suddenly, he was distant and extra strict.”

“In high school, I was one of the ‘cool kids.’ I excelled in sports and played football, basketball, and ran track. In track, I ran the 100-yard dash and still hold the Maryland state class C record, which I set in 1979, to this day. I loved running and knowing that I was the best. I was not the best at basketball or football, but I was the best at running. It was a natural high. I graduated from high school and received scholarships to run in college, but I did not want to run anymore. There was no future in running track, and I could not make a living.”

“During my second year at college, I attended a job fair, and they offered me a job working with individuals with disabilities. I took the job, and they would pay me to go to school. I worked so hard that I was too tired to attend class and eventually dropped out. This is where my drinking and drugging began. I started

drinking heavily, smoking marijuana daily, and being introduced to cocaine. I had everything, a job, a girlfriend, and a drug habit.”

“The crack cocaine epidemic hit in the late eighties. The desire for more cocaine was uncontrollable. I would stay up all night, start to miss work, and along with my roommate, we struggled to maintain the lifestyle. In 1989, I recognized that this lifestyle was unattainable. I still was not an addict, just a guy that had a crack cocaine problem. In a moment of clarity, I understood that change was necessary. I needed to find a woman and settle down. I met my wife, got married, and started a family. We had four children.”

“I was still getting high but paying the bills. I was functioning, and in my eyes, I was still not an addict. I stopped smoking crack and started snorting powdered cocaine. The cravings were not as strong. I could run out of cocaine and not be affected. In 2000, I started snorting heroin to come down from the rush of cocaine. Heroin helped me sleep at first but then grew into a dependency. I thought I was still not an addict. I was eventually turned onto fentanyl when it hit the streets in 2018.”



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NOW IT'S UP TO US Daniel's Monthly Update

Dear HUM Family,

As we turn the calendar into the fall season, Team HUM at the Baltimore Running Festival is busy preparing for October 14th. Personally, I've been working to get ready, stretching the distance of my runs and focusing on being ready to run. Our team is preparing to recruit others to run and join us with support. The challenge offers an important goal to work towards—running for a cause we believe in at Helping Up Mission.

Scott's story highlights how many of the men and women we serve build their recovery through endurance running, which offers a new focus and sense of purpose. HUM's collaboration with Back On My Feet and the consistent opportunities to engage in running they offer are vital to recovery. Scott's testimonial illustrates the impact—a state record holder in the 100-meter dash in high school—now running again, but not just running from addiction but towards a future of hope, growth, and opportunity.

Something to run towards—that is truly a powerful motivator in recovery. A quote recently from Scottish minister, Thomas Chalmers caught my attention. He preached the "expulsive power of a new affection"—the idea that we can turn away from negative influences when we identify something new and positive to love.

So much we do at Helping Up Mission seeks to overcome the grasp of alcohol and substance use with a new affection—like faith, community and involvement in activities that build focus and a new outlook on life. Scott said it best when he shared, "I feel like I am back on the starter's line like I was 18, but today I am starting LIFE!"

We hope you'll join Scott and Team HUM at the Baltimore Running Festival with your support in this race for recovery. (See page 4 for details) Thanks for your prayers, support and encouragement which keep us in the race!

Serving with you,

Daniel

***Follow @helpingup on TikTok to see
daily Recovery Month stories!***

National Recovery Month

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. At Helping Up Mission, we celebrate life by introducing unique opportunities like equine therapy, yoga, water sports, and trail hiking just to name a few.



In 2019, my son was in a bad car accident, and the doctors prescribed opiates to help him recover. He started to become addicted to these pills. I warned him that he comes from a family of addiction. My father had seven brothers, and five of them died from alcoholism. I tried to help him, but he kept getting high. We were close, and his addiction separated us. One day in 2022, his girlfriend woke up and found him dead from an overdose.”

“To deal with his death, I went crazy drinking and drugging. One month later, I had lost everything and was sleeping in my car. I was an addict. At my lowest point, I checked into a detox facility in Chestertown, Maryland. I graduated from the 30-day program, and a Peer Recovery

Specialist told me he knew of a perfect place for me to go next, Helping Up Mission (HUM) in Baltimore. I told him that I was not going to anyplace called a ‘mission!’ He told me that it was more than just a mission, and to prove it, he was a graduate.”

“When I arrived at HUM, it was better than I had thought. During my ‘blackout’ (45 days of limited communications), some of the guys told me about the running club Back on my Feet, and I joined as soon as I came from the blackout. I had only ever run sprints in the past, and I thought running distances would be a mess. At first, I would walk a mile, but now I can do three miles without a problem. I lost weight and lowered my cholesterol. Every

time a 5k race comes up, I am there and will be running the 5k at the Baltimore Running Festival on October 14th. When I am out there running, I think of the past, and I am just as happy finishing a race in the middle of the pack as I was winning in high school.”

“Today, having graduated from the Spiritual Recovery Program, I am looking forward to getting a job, my own place, and everything I lost – except the drugs and alcohol!”

“To the donors, thank you for helping me and those like me. It is only through your unwavering support that HUM is possible. I feel like I am back on the starter’s line like I was 18, but today I am starting LIFE!

To read more of Scott’s story, visit helpingupmission.org/stories/scottc

Focus on Recovery – Bob Gehman – President Emeritus Running and Recovery at HUM



It was nearly 15 years ago that I read about the benefits of running and recovery in a newspaper story about the founder of *Back On My Feet* in Philadelphia. I invited them to come to HUM to expand to Baltimore, and I even gave them an office to get started. Then it was time to recruit some HUM runners to get the program started. One of my prospects challenged me and said, “we will run if you run”. On the spot, to prove my manhood, and spare myself embarrassment, I committed to running a half marathon. And the rest is history.

Running can and has been a help to many in recovery. First, for all who are or have been runners, you know part of the fun is the people you are with during your many hours of training time and on the day of the big run—they become your community of support. They are some of the most positive people in the world. And when you are with over 20,000 of them in the annual Baltimore running festival, you are in a highly inspirational environment.

When you make your decision to run a race you now have a purpose, a goal, a plan, you train hard, you rely upon a support group, and on race day you reach deep into your soul, and you give it your all! If you do that it doesn’t matter what your running time is, you are a winner and you feel like one!

The requirements of running are much like requirements of recovery-- which is also a race, but of a more serious life and death nature. We make a positive decision, we set a stretch goal, we find a new purpose, we have a structured proven plan, we have the support of a positive group of friends, we discipline ourselves and put in the training time, and then we give it all we've got! This is the way to win many of life’s struggles.

I have run 5 half marathons and 5 full marathons. I know the benefits of having all these ingredients working at the same time. It is life changing, physically, mentally and spiritually. When you join Team HUM, on top of the personal rewards, you are helping others by raising funds to save and transform lives at HUM. No marathon for me this year, but I’m raising money, and preparing to run the 5k, and feeling the energy, and grateful to God for the health and opportunity to make a difference for those in need of help today—and I hope you will join me! (See next page for details)

Feed a Hungry Soul – Just \$2.30

Friends, the coming Thanksgiving season is shaping up to be the busiest ever here at Helping Up Mission. **YOUR help is urgently needed today.**

Our emergency Overnight Guest Services shelter is completely full, as is our men's Spiritual Recovery Program. And the number of moms and infants entering our new Center for Women & Children continues to climb.

Your support is needed today to help provide 134,400 Thanksgiving season meals to homeless and hurting neighbors in the coming weeks.

Every \$2.30 you give provides a hot meal and care to a hungry person. But your help doesn't stop there. You'll also open the door for them to discover a new life of hope – a life free from homelessness and addiction through our Spiritual Recovery Program.

Please make your 2023 Thanksgiving Campaign gift now by visiting: helpingupmission.org/fallhelp

Your heartfelt support will bless our most vulnerable neighbors with meals, care, and God's love this Thanksgiving season. Thank you!



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NOW IT'S UP TO US

Support Team HUM!



We have been "facing the challenge" of raising up a team of 150 runners, walkers, and support staff for Team HUM at the 2023 Baltimore Running Festival, Saturday, October 14. So far, 45 members have joined our team, and together we have raised \$40,000 of our \$250,000 goal. Reaching this goal will help HUM support the 560 men and women in our care fighting to overcome years of addiction, homelessness, and poverty every day. This race is the next step in their journey of hope for a restored life. Just like Scott said in our feature story, they are "at the starting line of their new lives."

We need your help – the help of our entire community, to come alongside us and help raise these critically needed funds to offer life transformation to our men, women and infants!

You don't even have to run to raise funds; visit helpingupmission.org/supportteamhum to make an impactful gift today.

Share the journeys of our runners across our social channels and tell your friends about how these stories transform your own journey.

To Do:

- Come join us at our Team HUM booth (near the Science Center) to welcome runners and hand out refreshments.
- Find a shady spot along the race routes and cheer on Team HUM.
- Does your company have a love for HUM? Ask them to sponsor Team HUM.

There are so many ways to get involved!

Contact Team HUM captain Steven Brown today at sbrown@helpingup.org or call him at 410-417-9066.



Our Mission

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

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