



January 2026

Newsletter



www.thelaunch.org



865-383-0065



PO Box 50971 Knoxville, TN 37950

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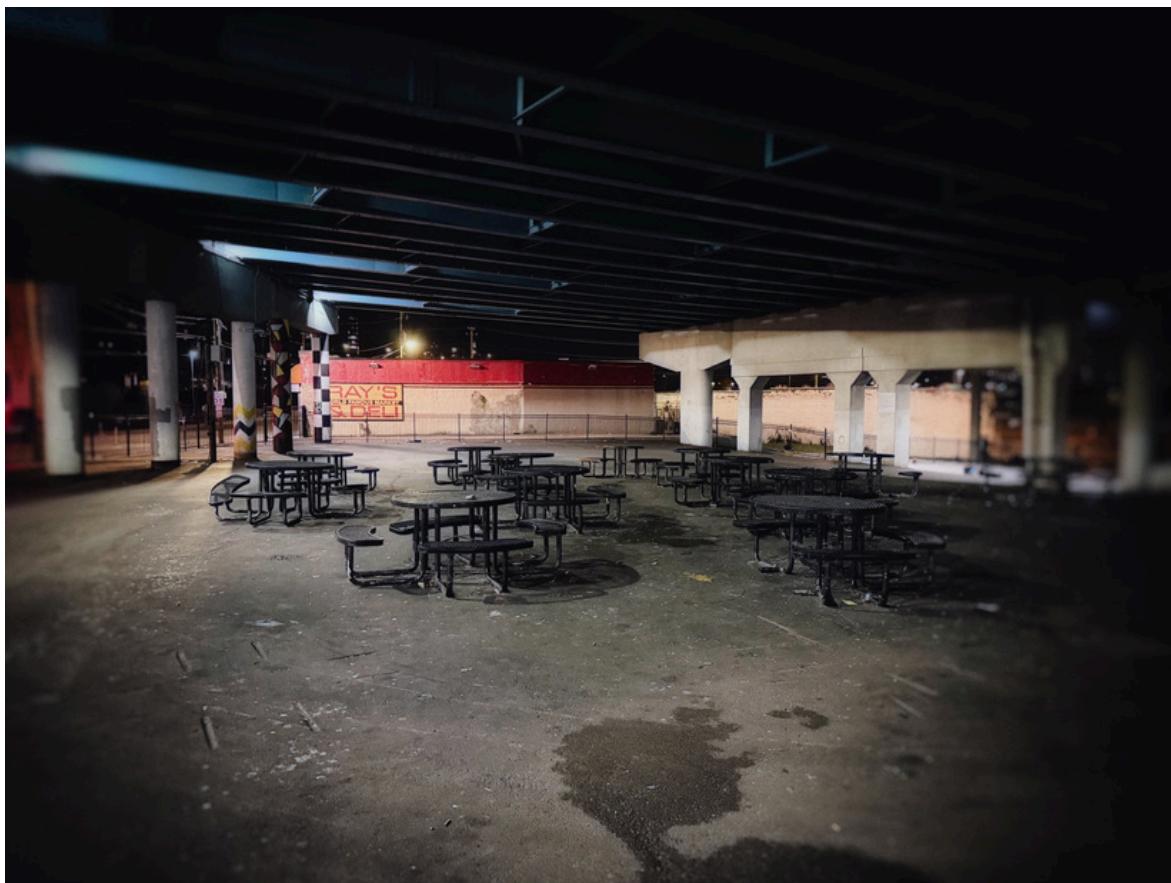
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WHY RELAUNCH?

A message from two of our founders

Linda's Story

I grew up in a family where addiction ravaged our lives. Two of my brothers struggled with substance use, and one of them experienced homelessness. I'll never forget the day I ran into him on the streets; seeing someone you love in that situation changes you. It stays with you and shapes the way you see the world.

When my husband retired, I left the corporate world, and I started flipping houses just to keep myself busy. Everything shifted when I began working with a team of people in recovery. I saw their determination, their humility, and how much it meant for someone to give them a chance. I realized that helping people rebuild their lives wasn't just meaningful, it was necessary if we were to truly give. That experience opened my eyes to how many people in our community were trying to climb out of impossible situations with almost no support. I knew I wanted to be part of the solution.

Sarah's Story

My story comes from living the struggle myself. I grew up in a good home, but childhood trauma shaped a lot of my early life. I started experimenting with alcohol at 13 or 14, and after tearing my ACL playing soccer, I was prescribed opiates. That prescription changed everything.

I went from being a kid who knew right from wrong to someone committing several felonies. Addiction took over my life. Eventually, I ended up unhoused. And as strange as it sounds, life on the streets felt easier. There were no bills, no expectations, no constant reminders of how far I had fallen. But it was also lonely and dangerous. I knew I needed help, but I didn't know where to turn. One reason I survived was that people showed up for me, people who didn't judge me and who believed I was worth saving.

Why We Started ReLAUNCH

When we met, we realized our experiences gave us a complete picture of what people in crisis truly need. One of us had lived through addiction and homelessness, and the other had watched loved ones struggle and had stepped in to help people rebuild their lives.

Together, we had seen the gaps, the barriers, and the moments when someone's future depends on whether another person is willing to show up.

We both believed that recovery and stability aren't linear, and that people need someone who will meet them where they are and help them take the next right step. That shared conviction is what led us to create ReLAUNCH, an accessible, judgment-free support system for people trying to rebuild their lives.

ReLAUNCH exists because we've seen what happens when people fall through the cracks, and we know what's possible when someone refuses to let them fall.



How did we make an impact in December?

Our impact last month reflects the depth and breadth of support our team provides every day. Thirty-nine individuals were connected with in-patient mental health care, substance use disorder treatment, co-occurring services, or received funding for sober-living entry fees, all of which are critical interventions that create real pathways to stability.

Six people were able to avoid becoming unhoused altogether through timely assistance and coordinated support.

Our team also worked closely with two individuals on the sex-offender registry to help them take meaningful steps toward securing housing, a population that often faces some of the steepest barriers in the system.

Ten people were referred to alternate shelters better suited to their needs, ensuring they had a safe place to go, and four individuals were transported across the state or out of town to reconnect with support networks or access safer environments.

Together, these efforts in December demonstrate how ReLAUNCH meets people where they are and helps them move toward safety and stability.

December Meals Served:

BREAKFAST: 1867

LUNCH: 1644

DINNER: 1259

Total: 4,770



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WHAT'S NEXT FOR RELAUNCH?



Day Space Makeover:

Helping our unhoused community make the space their own

NEXT EXIT

Improving access to housing and recovery



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VOLUNTEER WITH RELAUNCH

Join ReLAUNCH in Making a Difference

If you would like to volunteer with ReLAUNCH in helping our unhoused neighbors, please click the button below!

Serving our unhoused friends may include:

- Preparation for meals
- Serve meals (breakfast @ 8:30am, lunch @ 12:30pm and dinner @ 4:30pm)
- Sweep/mop the shelter space
- Remove trash from the shelter
- Shower attendant (male and female, volunteers over 21 years of age)***
- Clean bathrooms
- Do laundry
- Pick up trash in the Day Space
- Sort donations (clothing and supplies)

CLICK HERE



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