

WE ARE...

A Christian non-profit residential recovery program designed to help those who suffer from substance use disorder to:

- Recover from a hopeless state of mind and body,
- Grow in their faith in Jesus Christ and
- Grow in their responsibility to their community.

INSIDE THIS ISSUE:

Calendar	2
New for 2019	2
Equipped to Serve	2
2018 Ministry in Review	3
Please Pray	3
About The Healing House & New Beginnings	Back Page



Trophies of God's Grace



Congratulations to Jacob Forbis and Ashley Chop on commencing The Healing House and New Beginnings one-year recovery program! Many gathered on February 2 to celebrate with a ceremony held at House of Prayer Family church. Before each was individually recognized, Executive Director Heather Gieck shared that The Healing House has been a place of "healing, learning, development, growth and maturing...a safe place in which Jacob and Ashley have begun to lay an unshakeable foundation for life. This foundation is rooted and grounded in the Living Word, Jesus Christ, our Lord."

Several shared their sentiments and congratulations with Ashley and Jacob before each one addressed the group to tell their remarkable stories of healing and redemption.

Ashley Chop told of being born to troubled parents and being introduced early to numbing emotional pain with drugs. She shared of meeting her children's father at age 13, becoming a mother at 14 and remaining in a physically and emotionally abusive relationship that resulted in tremendously painful losses. While in prison, a woman shared with her the love of Jesus and Ashley began seeking Him. She heard Heather Gieck speak there, wanted what she saw in her and believed she could learn from Heather.

Ashley is thankful for all her Healing House brothers and sisters. "I couldn't ask for a better family." She has chosen to stay and commit herself to another year in the program. Ashley ended by saying, "I believe with everything in me these trials in my life will not be pointless. I believe the Lord will use my story to save another – a woman out there that I used to be."

Jacob Forbis shared that his life started spiraling out of control after his 3rd DWI conviction. After going through treatment in prison, he quickly returned to drinking and doing drugs. He

made multiple attempts at rehab and was admitted to psychiatric hospitals 9 times between prison and coming to the men's program.

Jacob said "I can truly say my life has changed for the better today. God has made me a new creation, full of hope and joy. Before I was hopeless, depressed and angry. I couldn't stand myself. I couldn't stand anybody in the world. I did not want to be here. At the end of my rope I wanted to end my life or fry myself out."

In late 2017, not long before coming to the program, Jacob spent 3 days in ICU as the result of the use of inhalants. He shared, "Today I have been completely off all the psych meds they tried to fix me with and it's been seven months now. I have to say this is a God thing. I could never have done this alone."

Jacob expressed gratitude to God, his girlfriend and family, and the men and women in the program. "I'm able to move on with my life and live it the way God wants me to live it."

Praise God for His mighty work in these lives! Congratulations, Ashley and Jacob!



~ What We're Learning ~

A common goal of Healing House and New Beginnings residents who have children is to improve in the area of parenting. Jefferson City's Landmark Church Parenting Class Instructor, Lisa Breedlove, is now teaching a parenting skills class for our residents. The first class began January 29th and continued every Tuesday for six weeks. The next class begins April 2. Thank you, Mrs. Breedlove, for sharing important information and tools to help our men and women become the parents God desires for them to be.



“Developing the ability to follow God and shape our decisions and actions according to His will for His use.”

The Healing House and New Beginnings

And God is able to make all grace abound toward you, that you always having all sufficiency in all things may have an abundance for every good work.”
2Cor 9:8 NKJV

Mark Your Calendars!



MAY 4 -

Commencement Ceremony

Please join the celebration as we recognize **Christy Cantwell and Tricia Roberts** for completing The Healing House and New Beginnings program at a commencement ceremony planned for 1:00 p.m. at House of Prayer Family Church, 2707 W. Main St. in Jefferson City.

EVERY FRIDAY EVENING
‘CELEBRATE RECOVERY’
6:00 -8:00 PM
HOUSE OF PRAYER FAMILY CHURCH
2707 W. MAIN

MAY 21 -

Annual Fundraising Picnic at Memorial Park

Make plans to attend this year’s event for a time of fun, good food and music. Your support goes to our men and women’s programs and this year, towards paying off the balance owed on the Koinonia House.
5:00 – 7:00 p.m.
Pulled Pork Dinner by Colton’s Steak House
\$15 per person
Children 8 Years and Under Free Hot Dog & Chips



NEW for 2019 so far...

We are so thankful God continues to provide support for the work of the ministry through the generous hearts of many. Our Board of Directors met in January and approved the initiatives shown here that further support the needs of the men and women of our program.



Healing House Community Center The ministry leased a building starting in February where our classes, meetings and other gatherings are being held. The facility serves as a resource center where our residents may come and remain in a safe, recovery environment.

Program Coordinator Tricia Roberts, one of our residents commencing the program next month, was hired in February to serve as Program Coordinator. Tricia is responsible for many of the day to day operations of the program and her duties include the program admissions process, coordinating with House Managers and several functions that involve our residents.



Bethel House The ministry is expanding its capacity by adding a house for women effective in April. In total we will then be able to serve 13 women and 9 men. We thank God for committed leaders from within and financial support to be able to accommodate this growth.



~ Equipped to Serve ~

Executive Director **Heather Gieck** and House Manager **Andrea Jewett** completed Medication Assisted Recovery Specialist (MARS) certification training February 3 through the Missouri Credentialing Board. This involved 40 hours of training contained in 5 training modules. Medication Assisted Treatment uses FDA-approved medications in combination with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of substance use disorders. These medications relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body. The certification process educates and prepares specialists to help those recovering with the assistance of prescribed medication. Congratulations, Heather and Andrea!



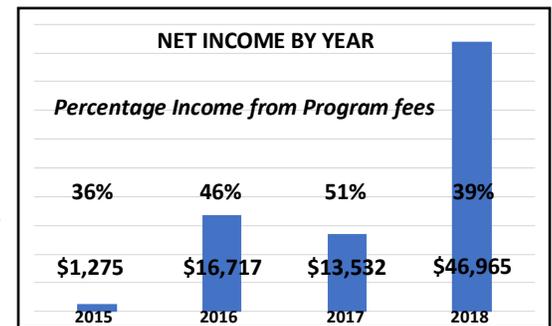
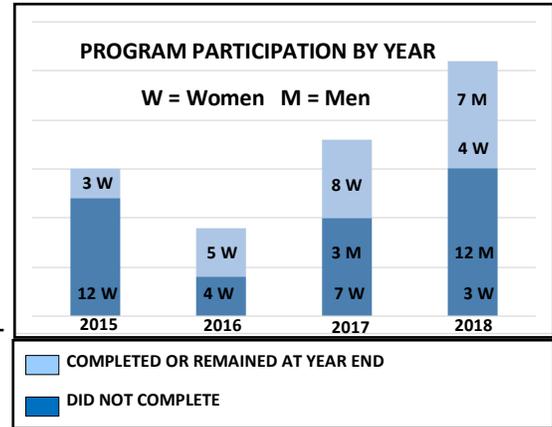
2018 THE MINISTRY IN REVIEW



PROGRAM PARTICIPATION: As of the end of 2018, eleven women have completed the 1-year program since The Healing House opened in May 2015. The men’s program that opened in July 2017 was on track for the first of the men to commence early in 2019.

PROGRAM GROWTH:

- * The Koinonia House men’s program operated as part of the ministry the entire year. Funds were raised for a down payment to purchase the men’s house. The Koinonia House achieved Recovery Housing Standards accreditation through the MO Coalition of Recovery Support Providers.
- * The United Way of Central MO awarded the ministry a grant to purchase an 11-passenger van for much needed transportation.
- * The ministry is growing leaders from within. Three residents attained Certified Peer Specialist credentials. Additionally, five residents have chosen to stay beyond their commencement of the program to serve within the ministry.
- * Residents reach out to the community by bringing meetings to Department of Corrections facilities in Vandalia and Fulton, by volunteering to help lead spiritual life classes at a local treatment facility and by developing a Celebrate Recovery program to offer in Jefferson City.



FINANCIAL RESULTS:

- * Thanks to generous financial support from our ministry partners, donors, annual fundraising contributors and community organizations, the ministry’s finances are allowing us to help more hurting people and provide additional resources. Careful stewardship of finances is a priority of the ministry leadership.
- * For best practices, Evers & Company, CPA’s conducts a bi-annual review of the ministry finances in support of fiscal accountability and transparency. 2018 expense allocations were **95.2%** Program and **4.8%** Administrative.

GOALS FOR 2019:

- * Apply for a United Way of Central MO grant to purchase additional means of transportation for residents.
- * Raise funds to make a principle payment to reach a goal of paying off the Koinonia House mortgage within 5 years.
- * Work towards implementing a strategic 3 - 5 year plan to reach more people who suffer from substance use disorder so to help them recover and grow in their faith in Jesus Christ and in their responsibility to their community.

Please pray for our residents and

House Managers

<u>Healing House</u>	<u>Koinonia House</u>
Andrea (Manager)	David (Manager)
Christy, Tricia	Mike M., Matt B.
Paige, Jessica G.	Matt H., Dale
Candy, Nikki	Mike L., Jim
Christina, Crystal	Louis

Bethel House
 Kimberly (Manager)
 Ashley, Jessica B.
 Samantha

The
**Healing
House**
And New Beginnings, Inc.

P.O. Box 1682
Jefferson City, MO 65102-1682

**“Changed hearts lead to changed lives.
Changed lives lead to changed communities.”**

About The Healing House and New Beginnings, Inc.

Our program offers:

Recovery –

- A 12 Step program of Action
- Codependency
- Seeking Safety (Trauma/Substance Use)
- Mentoring

Spiritual Growth

- Bible-based classes
- Local Church involvement

Housing and Life Skills

- Safe, affordable housing
- Help with securing employment
- Life skills classes

Physical Growth

- Importance of healthy diet and exercise

Classes are held Monday – Friday 6:00 – 8:00 p.m.

*For comments or to receive JOURNEYS electronically,
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Located at:

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Executive Director:

Heather Gieck

Board of Directors:

Scott Johnston, President

Karen Leydens, Vice President

Don Smith, Treasurer

Mark Saucier, Secretary

Richard Finton

James Jackson

Shannon Kimsey

Brenda Schell

