



RAISING UP

The good news at Helping Up Mission



Chicken Parm a la Stoltzfus
see page 2 for more

There are so many wonderful success stories at Helping Up Mission (HUM). As we start the new year, let us take a moment to check in with some of the lives that have been changed at HUM.



Where Are They Now?

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Brian has much to be grateful for since you last read his story in January:

"I received my degree in psychology with a minor in addiction counseling from Southern New Hampshire University. I made the honor roll and graduated cum laude. During the past year, I was able to expunge my legal issues in Florida. I have rebuilt my relationships with my family and friends. I have completed training to become a certified Peer Recovery Specialist. I have helped save other struggling addicts by showing them what HUM has to offer. The thing that I am most proud of is that in April of this year, I was offered and gladly accepted a role as the Philanthropy Coordinator for HUM. This job has provided me with a new skill set and has enabled me to pursue my next goal, getting my master's degree in psychology and becoming a certified addictions counselor."



Since you read his story in May, George continues to receive the blessings:

"During the last year, I have been blessed to receive my driver's license. I worked hard and bought an SUV. The vehicle has helped me take clients to hospitals, clinics, and their families. I am currently enrolled in online classes to develop my skills. My job as Program Coordinator for intake has been busy. On average, ten or more guys come through our doors every week. It has been a real pleasure watching the guys who have come through our Mobile Street Outreach arrive through our intake department and complete their yearlong Spiritual Recovery Program (SRP). Recently, the same nuns and pastor Victor, who found me in Atlantic City, New Jersey, reached out, having identified a few men who would be good for our program. It reminds me not to drink and that other men are still struggling, but there is hope for them. I am glad to help, and getting my license is key to bringing them to HUM."



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NOW IT'S UP TO US

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

Dear HUM Family,

As we enter 2024, it is a joy to look back and share an update with you on your investment in the lives of those we serve at Helping Up Mission (HUM). The investment we work towards and pray for is life transformation and recovery throughout the community. Often it starts with simple steps like walking through the doors at HUM from the streets, incarceration, or out of a situation of despair—to take an important step to “becoming human again”.

Brian, George, and Sarah's stories all have a consistent theme—they illustrate the power of peer support in recovery. It's a special and unique part of this community of hope called Helping Up Mission. Recovery isn't just about getting sober and going through the motions of a program. It's about helping others find their own pathway to recovery. From the first day I set foot on the HUM campus, it was an unmistakably powerful element of our work that captivated my attention.

Nearly 70 percent of HUM staff are graduates of our one-year Spiritual Recovery Program. That fact creates a dynamic culture and peer-to-peer encouragement and accountability that you can't fill with any candidate. Every day, I see firsthand the passion, dedication, and commitment of HUM's peer-to-peer recovery staffing model.

When you support HUM recovery programs, just consider the multiplied impact. You not only support current program members—but plant the seeds of recovery and life transformation for others. The program graduates along with your investment pay it forward.

On behalf of our staff team that I am privileged to serve alongside, thank you for standing with us through your support, encouragement, and prayers as we look forward to another year of recovery and life transformation. Thank you on behalf of the thousands who walk through our doors along with those in need we serve through our street outreach.

Serving with you,

***Follow @helpingup on TikTok to see
our women's choir Voices of Praise!***

Chicken Parm a la Stoltzfus

For the fourth year, our CEO Dan Stoltzfus and his wife Angela along with the Stoltzfus and Strachan families have taken over the Helping Up Mission kitchen to provide a delicious meal for our HUM clients. Angela's recipe is a family classic featuring hand-pounded, breaded chicken and homemade sauce. Over 500 portions were lovingly cooked and served to the men and women of HUM! Thank you, Dan, Angela, and the Stoltzfus family, for your Christmas gift. The chicken parm was delicious!



Where Are They Now?

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Sarah keeps showing up since you read her story in July:

“During the past year, Dr. Marjorie the Assistant Director of Spiritual Life, and Donna Chaplain for the Center for Women & Children, gave me the recommendations I needed to be accepted into the Johns Hopkins University’s master’s program in non-profit management. I have been working on my internship in Client Services for six months and I am optimistically waiting for what happens next in my life. I graduated from the SRP



in December, and I am still active in the HUM community. I keep showing up, helping clients get whatever they need. I am not my addiction. I have the strength to acknowledge my humanity, so that I may become a better version of myself on a daily basis. Helping clients find even the smallest things such as their last known address, so that they can become human again.”

There are so many stories of life-transformation at Helping Up Mission, and you are a big reason that happens! While there are only 12 featured stories every year, you touch the lives of countless men, women, and infants under our care. Given the opportunity, they would ALL say “Because of YOU I have become a stronger person. Because of YOU, HUM is a safe place for me to reflect, rebuild, and

rediscover the things that make me happy and sober. Because of YOU, my family is proud of me. Because of YOU, it is not just the clothes, but the knowledge and rehabilitation. Because of YOU, HUM has given me peace, knowing my children got their mom back!” Happy New Year and may God bless each and every one of you in 2024!

To read more recovery stories, visit helpingupmission.org/stories

Focus on Recovery – Peter Griffin Director of Outreach and Intake



From Homelessness to Home

Helping Up Mission’s (HUM) first outreach was in May of 2021, without any formal training because of the COVID pandemic and a decline in our census. Before the first time we went out on the streets, we had a team meeting about how to reach the people. We decided to take the proven HUM programs outside our walls.

The first day, I went to North and Pennsylvania Avenue in my own car and brought a guy back. Soon, Pamela Wilkerson, the senior director of our Center for Women & Children, joined me and helped bring recovery to the streets, where people were. As the effort took off, we received formalized training in outreach.

We started taking out vans and setting up in Baltimore’s most critical neighborhoods. To better serve the Hispanic populations, we brought in Ramon Croussett Jr., HUM’s outreach case manager, who was leading our Spanish outreach program, from which we found and brought

back our first outreach referred Spiritual Recovery Program graduate.

At first, there were months of just developing meaningful relationships and trust within the community. We formed a partnership with other like-minded local organizations, and in early 2022, we became HUM’s Mobile Street Outreach. We had it going on. We got a bus, a van and things started working.

In December of 2022, we had maybe 40 individuals who we entered in to case management and served. A year later, we have over 358 served individuals.

Recently, we began serving hot food and started hearing, “What are you guys serving?” and “I don’t do soup!” But ten minutes later, he was back for seconds and stated, “I can tell it was made special by caring hands!” It is just soup, but it isn’t just soup. Even in the rain, people come to us for hot food.

Outreach is more than just recovery, it is friendship, a listening ear. The people we meet know that we are coming back. In a lot of cases, in the midst of all that they are going through, there is a little bit of hope.

Yesterday, we went to Brooklyn and a gentleman said, “I knew the day was my day and I came out early, to make sure I didn’t miss the bus!” We brought him home!

100 New Monthly Partners Needed!

Right now, so many men and women in Greater Baltimore are struggling. For them, every day is full of fear and uncertainty... wondering where their next meal will come from. Or if they'll find a safe place to sleep tonight.

They need a hero. Someone who believes that their tragic circumstances don't have to define their future.

We know YOU are that kind of person.

That's why we're inviting you to make a long-lasting impact in a hurting neighbor's life by joining us as a Helping Up Hero.

For just \$35 a month, you can provide nourishing meals, safe shelter, and other life-saving care. But more than just meeting immediate needs, you'll offer long-term support through classes, counseling, and our Spiritual Recovery Program that rebuilds lives.

As you know, prices for food and essentials are rising. It costs more to provide the life-changing care our hurting neighbors need. By becoming a monthly partner, you'll make it possible to meet this challenge head on! Join today to help reach our goal of 100 new monthly Helping Up Heroes by January 31.

Start giving monthly now to help save more lives in our community! Your gift today will make a long-lasting impact in a hurting neighbor's life.

Start giving monthly now at www.helpingupmission.org/hero

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NOW IT'S UP TO US

Grateful Hearts, Joyful Connections



In the heart of the holiday season, our Helping Up Mission family was embraced by an outpouring of love and generosity! Countless volunteers, partners, organizations, and donors wrapped our men, women, and infants in the warmth of their care. Your presence, your time, and your genuine connections made the season truly magical.

Taking a pause from your busy schedules to share a smile, to say hi, and to be a pillar of support – that's what makes you extraordinary. You are the heartbeat of our community, and your kindness resonates long after the holidays.

As we bid farewell to 2023, we extend our heartfelt gratitude for everything you've done. May the joy you brought to Helping Up Mission return to you tenfold in 2024. Here's to another year of compassion, connection, and making a real difference. Thank you for being the special souls that light up our mission!



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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