# **Question One**

How does RESTORE Ministries understand the current homeless/ street-involved system in the Eastern Massachusetts area?

How do people get into the system, what is "in" like, and how do people get out?

#### Who becomes homeless or street involved?

#### What supports a balanced life?

1. OK

People who have balance in 5 life dynamics:

- physical
- ◆ emotional
- **\***social
- \*vocational
- \*spiritual

People who lack balance in 5 life dynamics:

1B. NOT OK REAL SUPPORT SYSTEMS

create balance in life:

- home & health
- family & friends & community
- employment
- faith



HOMELESS STREET-INVOLVED

#### **REAL SUPPORT SYSTEMS** create balance in life: • faith ◆ home & health ◆ employment

• family & friends & community

## What goes wrong?

1. OK

People who have balance in 5 life dynamics:

- physical
  - ♦ emotional
- ♦ social
- ⋄ vocational
- ⋄ spiritual

People who lack balance in 5 life dynamics:

1B. NOT OK

#### A DEFINING EVENT

Individual suffers loss of real support system, through:

- ♦ divorce ◆ addiction crisis
- ♦ iob loss
  ♦ crisis of faith

♦ illness ◆ death of family member or spouse

> 2. LOSS OF **SUPPORT**

#### **ADDED STRESSORS**

- history of abuse
- mental illness
- ⋄ sense of failure
- ⋄ sexuality issues
- ⋄ maintenance of addiction

Some come through their crisis and never become homeless.

"HOMELESS" STREET-**INVOLVED** 

may or may not have housing, but find their community on the street

Some lose their housing, but never become street involved.

#### **REAL SUPPORT SYSTEMS** create balance in life: • faith

- ◆ home & health ◆ employment
- family & friends & community

## The individual ends up on the street where he finds himself in the middle of...

low self

esteem

barriers to

escape

### 1. OK

People who have balance in 5 life dynamics:

- physical
- emotional
- social
- vocational
- ◆spiritual

People who lack balance in 5 life dynamics:

1B NOT OK

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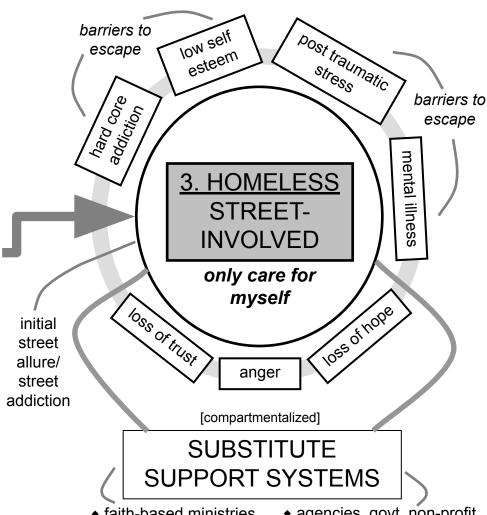
hard core addiction escape mental illness 3. HOMELESS STRFFT-**INVOLVED** only care for myself loss of hope loss of trust initial street allure/ anger street addiction

> ...a false community based on survival and lacking hope.

Post traumatic

The barriers to escape intensify the earlier problems.

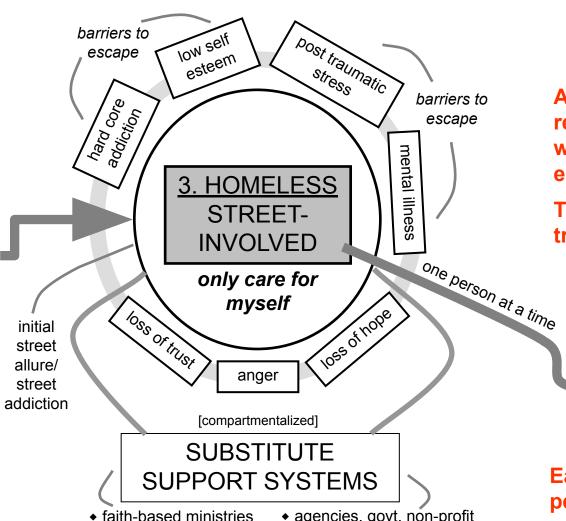
barriers to



The street-involved community is undergirded by substitute support systems:

- These tend to be compartmentalized, each dealing with a different aspect of the person's life.
- Some groups are at odds with or antagonistic toward others
- Some services tend to maintain the street-involved community rather than provide a pathway out.

- faith-based ministries
- outreach workers
- church groups
- various religious groups
- individuals, passersby
- agencies, govt, non-profit
- hospitals/clinics
- ♦ law enforcement
- ♦ shelters ♦ volunteers
- other professionals



The pathway out is a **RELATIONSHIP:** 

A street-involved person forms a relationship with a caring person who offers hope, resources, and empathy.

The helping person needs to be trained, supported, and equipped.

4. PATHWAY OUT

RELATIONSHIP

Each person is unique and faces personal issues which they must resolve themselves.

- faith-based ministries
- outreach workers
- church groups
- various religious groups
- individuals, passersby
- agencies, govt, non-profit
- hospitals/clinics
- ♦ law enforcement
- ♦ shelters ♦ volunteers
- other professionals

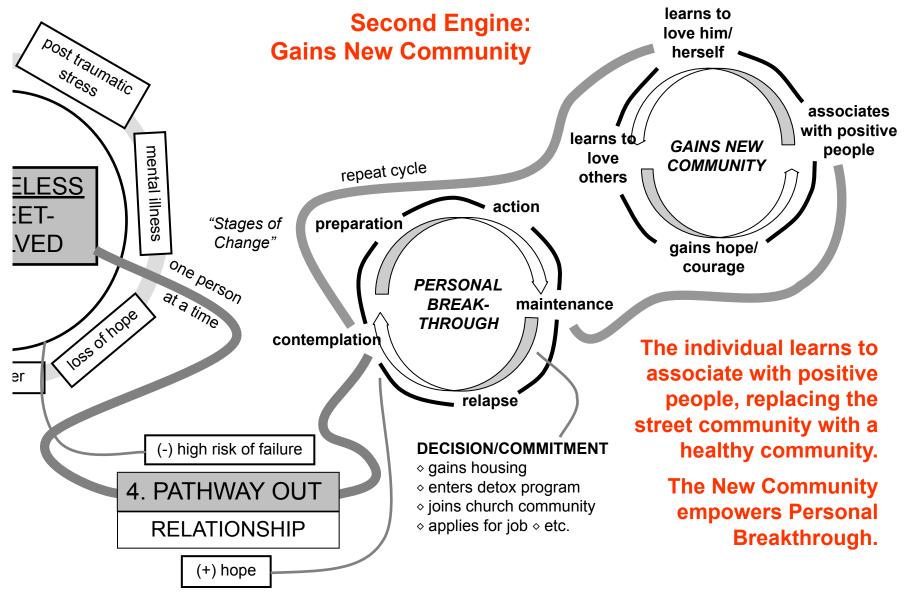
#### Post traumatic mental illness "Stages of Change" **MELESS** action REETpreparation **OLVED** one person **PERSONAL** at a time BREAKloss of hope **THROUGH** contemplation anger relapse (-) high risk of failure **DECISION/COMMITMENT** gains housing 4. PATHWAY OUT enters detox program joins church community RELATIONSHIP ♦ applies for job ♦ etc. (+) hope

## First Engine: **Personal Breakthrough**

maintenance

Someone walks with the individual through the "stages of change," offering hope and encouragement, one decision after another.

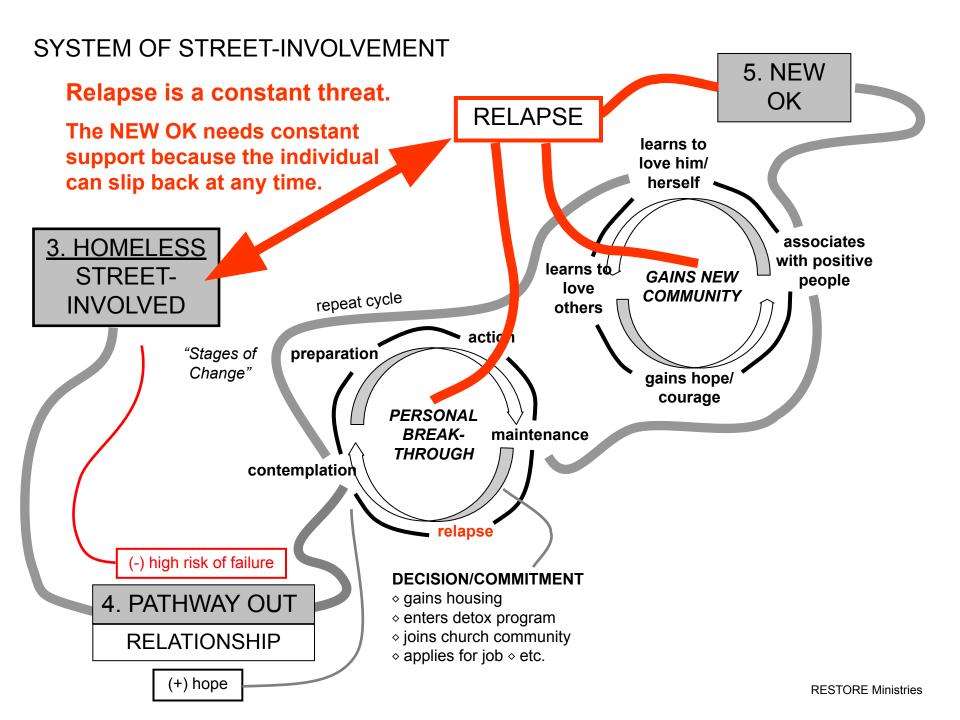
> **Problem: the Personal Breakthrough engine is** a negative loop. It requires a strong, external support system to maintain momentum.



(+) hope

5. NEW As the individual cycles through these steps, he OK or she begins to discover his or her "NEW OK." learns to The GOAL is beyond housing. love him/ herself The goal is to regain balance in the 5 life dynamics: associates vocational physical with positive learns to emotional ⋄ spiritual **GAINS NEW** people love **COMMUNITY** repeat cycle ♦ social others action preparation "Stages of Change" gains hope/ courage **PERSONAL** BREAKmaintenance **THROUGH** contemplation The two engines provide the means to relapse rebuild each of these (-) high risk of failure broken life dynamics **DECISION/COMMITMENT** to help the individual qains housing 4. PATHWAY OUT regain balance. enters detox program ♦ joins church community RELATIONSHIP ♦ applies for job ♦ etc.

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## Relationship is the pathway out again.

A relationship with a caring person and a caring community who are willing to walk with the individual through the steps of the two engines again and again is the best means to forming the "NEW OK."

"Stages of Change"

PERSONAL
BREAK- maintenance
THROUGH

relapse

DECISION/COMMITMENT

- qains housing
- enters detox program
- ♦ joins church community
- ♦ applies for job ♦ etc.

5. NEW OK

associates

with positive

people

learns to

love him/

herself

**GAINS NEW** 

**COMMUNITY** 

gains hope/ courage

learns to

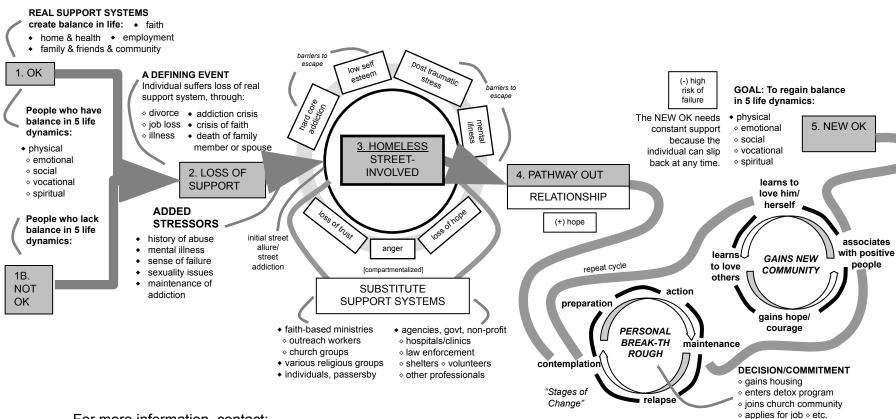
The New Community can play an important role in helping the individual recover from relapse and regain solid footing.

(+) hope

(-) high risk of failure

4. PATHWAY OUT

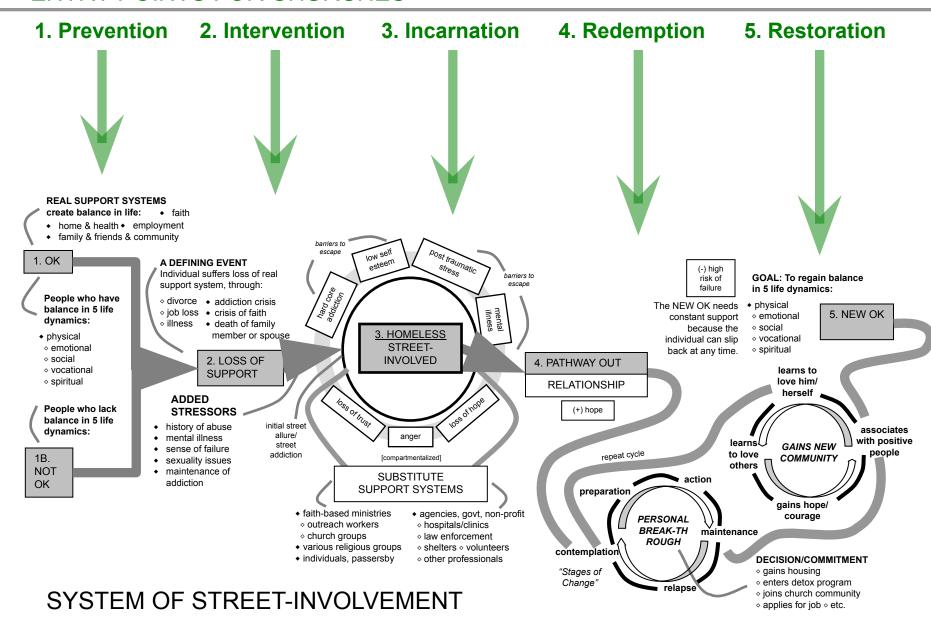
RELATIONSHIP



For more information, contact:
Rev. Dr. Brian Gearin, Director,
RESTORE: Returning from the Edge:
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# **Question Two**

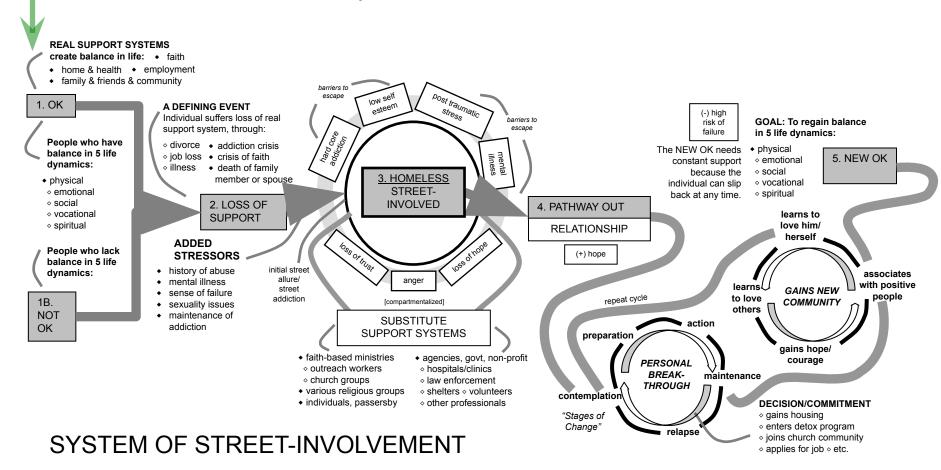
From RESTORE's understanding, how can churches effectively engage with those living on the edge and organizations to make system-wide impact?



#### **ENTRY POINTS FOR CHURCHES**

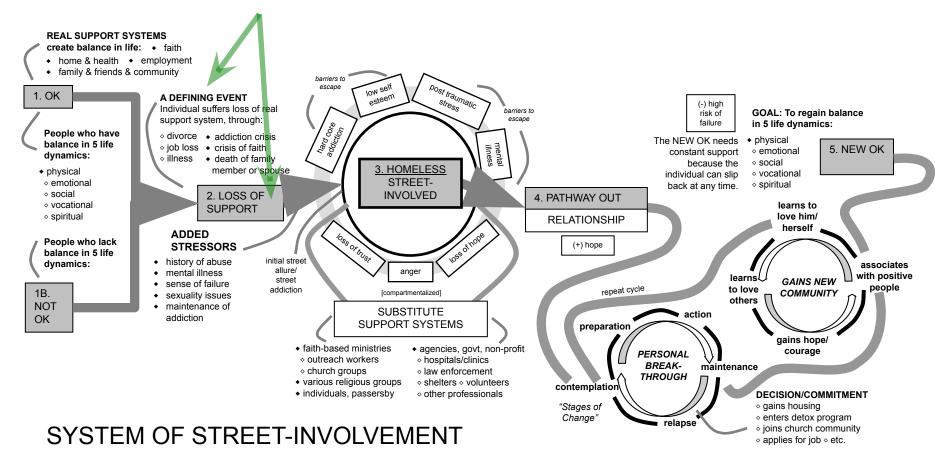
#### 1. Prevention

- church intentionally integrates people into a vibrant faith and life community
- close relationships nurture people to maintain balance and health in life dynamics



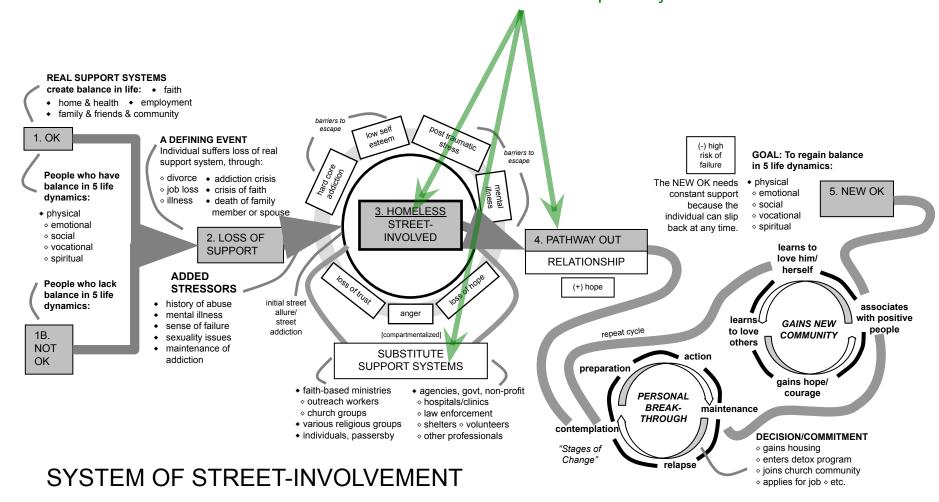
#### 2. Intervention

- church community is aware of people's needs and rallies around people who suffer loss
- church offers effective intervention and recovery programs to help people navigate life crises (addiction, divorce, grief, illness, etc.)



#### 3. Incarnation

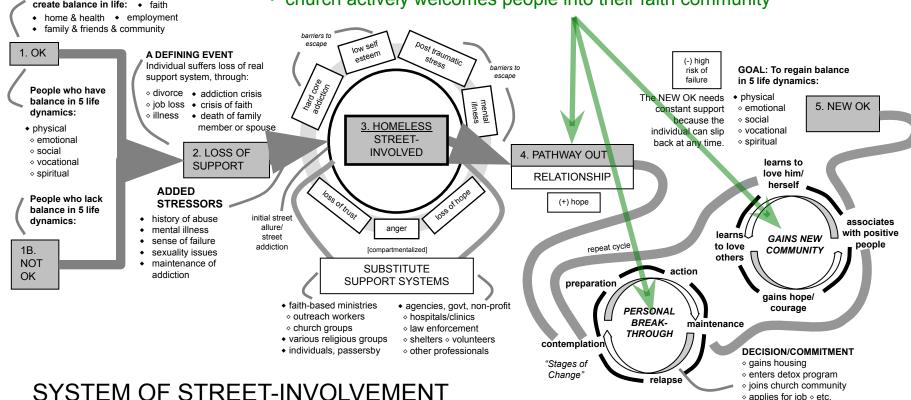
 trained, supported, and networked outreach workers build relationships with people who are street involved and offer them a pathway out



**REAL SUPPORT SYSTEMS** 

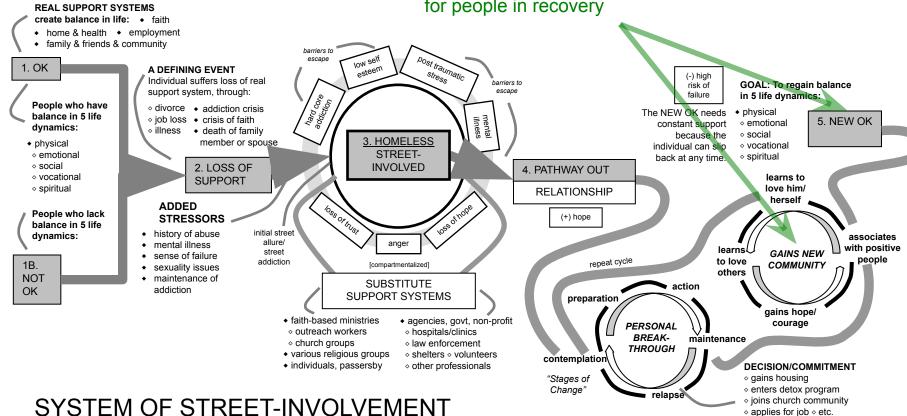
#### 4. Redemption

- trained outreach workers walk people through "stages of change"
- church offers job programs, addiction recovery programs, etc., to help people make positive choices toward a healthy and balanced life
- church offers effective programs to build relationships with people in shelters, motels, SRO facilities, residential programs, etc.
- church actively welcomes people into their faith community



#### 5. Restoration

- church intentionally and fully integrates people into a vibrant faith and life community
- close relationships nurture people to maintain balance and health in life dynamics
- church offers a generous measure of real support for people in recovery

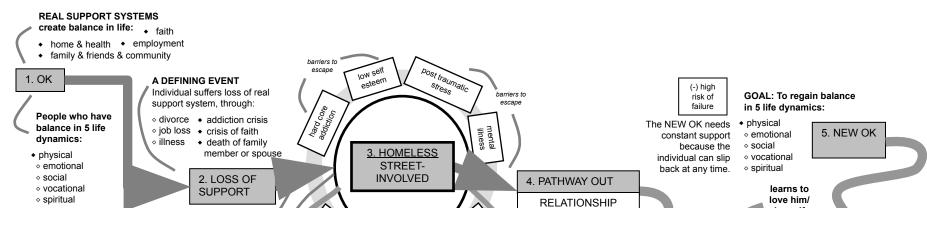


## Numbers needed

"Is there a place for me?"

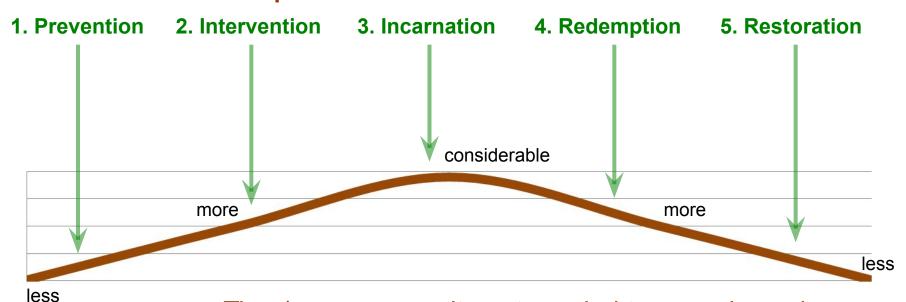


## Numbers of workers needed across the system

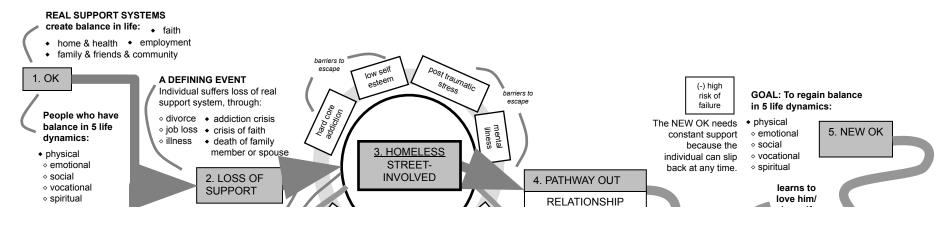


## Commitment required

"How much time will this require?"

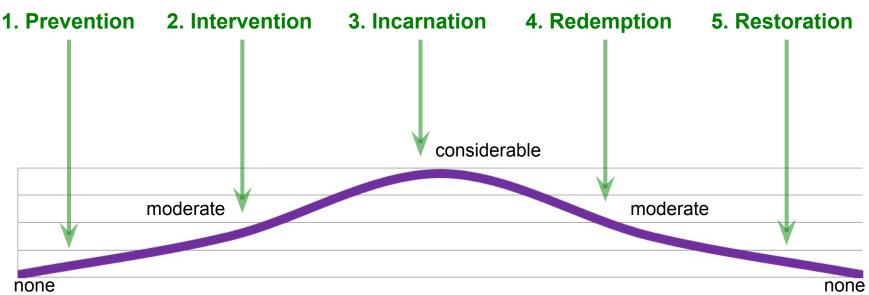


## Time/energy commitment needed to serve in each area

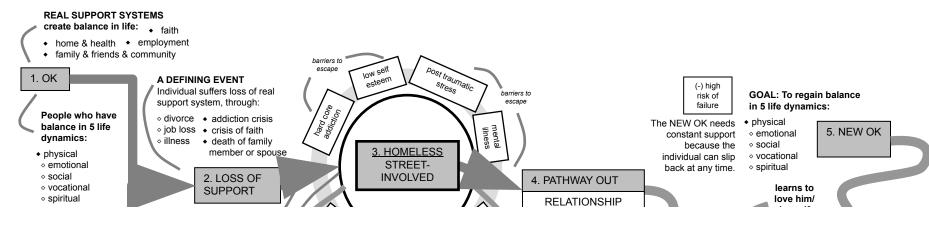


## Training / Experience

"Do I need training?"



## Amount of training/experience required to serve effectively



How can churches take the next steps toward effective ministry to those who may suffer loss, lose their balance, become homeless, or are working toward recovery?

1.	Prayer	As leaders, as a congregation, start by asking God to
	-	help you discover his plan and purpose for you.

- **2. Assessment** Find out what tools, skills, and resources you already have.
- **3. Discernment** Ask God to give you a clear vision of how and where he wants your church to be involved.
- **4. Training** Seek both formal and informal learning opportunities to gain and enhance your skills. Collaborate and learn from others.
- **5. Engagement**Begin by taking small steps or experimenting with your outreach plans, and let the ministry grow at its own speed.
- 6. Evaluation

  Make evaluation a part of the process. Debrief regularly. Pray continually. Ask hard questions of yourselves. See where your ministry is bearing fruit and do whatever you can to make it more fruitful. Keep love at the core.

RESTORE Ministries is available to help churches walk through this process.

We offer training, coaching, resources, and more.

Ask us how we can help you!



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