



*Non-Profit Org.
U.S. Postage
PAID
Seattle, WA
Permit No. 2710*

Address Service Requested

Join NHM in Prayer!

Contributed by Zach McCauley, Counselor/Case Manager

Historically, New Horizons has been a ministry structured around prayer. We now enter a new season of this journey in hosting two days of continuous prayer from May 29th to the 31st. We will be praying for this ministry and the homeless and street-involved young people that we serve. 1 John 4:19 says, "We love because He first loved us." Consider this time of prayer a response to our initiating God. We gather together to seek and ask, "Father, what are *You* doing here at NHM and how can we join?" As part of our greater community of friends, volunteers, donors, food groups, staff, and Board members, you are invited to participate!

We will kick off our two days of continuous prayer with a time of corporate worship here at NHM on May 29th. We will then pray continuously, day and night (Revelation 4:8) for two full days then conclude on the 31st with worship led by Tabernacle of Praise! This concluding worship service will be held at NHM from 7-9 pm.

To join with us in prayer please visit:

www.mysignup.com/newhorizons

For comments, questions, and any other information please contact Zach McCauley at:

zachm@nhmin.org

I N S I D E L O O K



New Horizons Ministries Quarterly Newsletter

April 2008

Mental Health at NHM Contributed by Zac Davis, Clinical Manager

There are a number of factors that impact the mental health of homeless and street involved young people. The primary contributing factors are family of origin (implications of the environment they grew up in), drug and alcohol abuse, and the dangerous and stressful demands of surviving street culture.

Most of our kids who grapple with mental health issues fall into two categories: those who have organic disorders and those with disorders due to trauma. It is very difficult to determine what has triggered the onset of a disorder or if the disorder developed on it's own hence the term 'organic.' Some of the drugs that are commonly abused by our youth are methamphetamines and PCP which can produce drug induced psychosis and can have permanent effects. Some common disorders our youth suffer from are depressive disorder, attention deficit hyperactivity disorder (ADHD) and schizophrenia.

For many of the youth we serve, having a mental disorder can be a very frightening and isolated experience; due greatly in part

to how the community reacts to their behavior by ignoring or pushing them away. In addition, many of our kids have a history of institutional experiences that has left them feeling suspicious of caregivers and apathetic toward therapeutic opportunities. We've noticed the majority of our youth self-medicate with illegal drugs in order to cope and/or function with their respective disorders. Much of the violence, fear, exploitation, and abuse our kids experience on the street contribute significantly to a downward spiral in their mental health.

The Counselor Case Manager (CCM) strategy NHM employs is to love and serve our kids with mental health issues in the same way we do for all of our kids - being in relationship, seeking to meet their basic needs. We acknowledge this can mean different things for each of the youth that we serve; meeting those basic needs would include but is not limited to food, clothing, showers, and networking with other agencies, to provide efficient and holistic care. Referrals for medical coupons are

often provided for our kids to access mental health professionals, from whom they can receive a diagnosis and recommendation for the best treatment approach. It is important for CCM's to acknowledge for our youth we are not mental health professionals ourselves. We are blessed to have Robin Heflin-Woods as a partner; and provides on-site licensed mental health care right here at NHM.

When a youth feels isolated and alone it is very unlikely that they will share about their struggle, and our staff is very intentional about creating safe space for them to do so. From a relational standpoint NHM is committed to providing opportunities for youth to express and discuss feelings about their mental health issues openly and honestly. We also assist our kids with establishing a daily living routine that can bring some normalcy to an otherwise chaotic mindset. Every youth that we serve is consistently invited to be part of *(cont. on page 2)*

Street Bean Update!

The formation of Street Bean Espresso is underway! The trademark has been established, the incorporation papers have been completed, and fund-raising has begun all working towards opening the cafe in November 2008. The location of the business is still being formalized, but the goal is to have the cafe located close to New Horizons Ministries' Belltown drop-in center in a newly renovated storefront.

Over the last several years, NHM has

Contributed by Linda Ruthruff, Associate Director

continued to look at ways to enhance our Adaptive Life Skills (ALS) and Mentorship Programs to better equip homeless and street involved young people to participate in an interdependent and healthy life-style away from the street. It has become clear that these young adults need an additional opportunity to receive supportive employment that truly empowers them to become workforce ready in the greater community. It is time to embark on a sustainable business venture, one that utilizes all the best practices NHM has developed over 30

years of serving young people on the streets of Seattle.

There are many job training programs in this city. These are programs that provide several weeks or months of job training to young adults facing barriers to employment. These are indeed great resources for our youth but due to our kids' involvement with prostitution and the streets, even after receiving job training many employers are reluctant to hire them. *(cont. on page 3)*



**Save the Date
to WALK!**

June 7th, 2008

@

Seward Park!

**Come and Walk
with NHM and
help raise money
for Seattle's
homeless and
street-involved
young people!**

**Contact Edward
Fedele to register
as a Walker or to
find out how YOU
can support the
WALK!**

**edwardf@nhmin.org
206-374-0866 x.133**

Mental Health (cont.)

our community providing an atmosphere of belonging. Youth are encouraged to participate in our Life Discovery activities and attend nurturing churches. Regardless of whether or not they accept the help we can provide regarding their mental health issues, it is imperative we continue to make ourselves available and support youth wherever they are in their journey.

NHM is blessed to be in partnership with a number of agencies that specialize in serving youth struggling with mental health issues. Our partners include Teen Link (an extension of the Crisis Hotline), Community Psychiatric Clinic, Samaritan Center of Puget Sound, Harborview Hospital Psychiatric Ward, and Seattle Mental Health.

We invite you to join us in praying for all of our youth, and to pray especially for those kids on the street who suffer from mental health disorders.

In the Words of Our Youth.....

'Open Arms, Open Hearts'

I fell hard and deep into the darkness

You opened your arms and let all your light inside

So I could see through the lies I told myself

I was yours, and you were always mine

And yet I tried to hide so you could not reach me

And even though I could not see you I always knew you were there

Just in case I needed to wake up from the never-ending dream I want to be in

Since that day you came to me and helped me through what I could not see

I've never been so happy or so clear

And I will never let myself fall again because I now know what is good for Me

At peace inside and steady as a drum my soul is open to you

And all that is good for myself and others around me

They do not know you are here with me, by my side

And watching, waiting, wanting to help them see too

I fell so deep and you lifted me up so high

I'm yours and you will always be mine, I'm glad we're as one

Side by side we'll always be, no more, no less

You and me Lord always!

- Tonya

Don't forget our May Training!

If you or someone you know is interested in volunteering with New Horizons Ministries or would simply like to know more about youth involved with street culture, our 2-day training is a great place to start! Both Saturdays of our training are required for those who intend to work directly with our youth, but are entirely open to anyone who is just interested in learning with us. The upcoming dates for training are:

Saturday, May 10th 8:30 am - 4:00 pm & Saturday, May 17th 9:00 am - 5:15 pm

The training topics covered will include an overview of street culture, prostitution, chemical dependency, relational counselling, spiritual formation, and the theology of ministry here at NHM. To register by phone, please contact Aaron Romero at 206-374-0866 ext. 107. By email, he can be reached at aaronr@nhmin.org. Registration is \$50 and scholarships are available.

Ministry Of Reconciliation (M.O.R) Corner

Contributed by Aaron Stroud-Romero & Hala Mana'o, M.O.R Co-Chairs

As you know by now, New Horizons Ministries has been on a journey to grasp cultural competency and stepping into the continuum of racial reconciliation. The Ministry of Reconciliation (M.O.R) committee has been a mover and shaker in these conversations. In the past couple of years, volunteers, core staff, and our Board members have participated in trainings and deep dialogue about this journey. While some of these conversations have caused discomfort, they have created openings for candid discussion where feelings of guilt or shame could be safely expressed and understood. Overall, this journey has empowered us to thoroughly reflect upon our own thoughts and feelings, our prejudices and biases, and our need to understand the world more deeply.

On April 23rd and 24th, the M.O.R committee is honored to present Dr. Anthony Bailey of Quebec for a 2-day training at New Horizons! Dr. Bailey will lead us in a series of small group discussions, teachings on intercultural theory, and the impact of racial oppression throughout scripture. We look forward to the continued dialogue which takes us to a deeper understanding of our brothers and sisters, and reflecting the Kingdom of God!

Street Bean (cont.)

Our young people also lack the adaptive life skills required to maintain steady employment. Our kids need the opportunity to establish a work history and to be empowered with access to long-term employment. Street Bean Espresso will provide the young people we serve supportive employment for up to 2 years giving them the crucial support they need to exit street life and prostitution.

Trained, screened, and equipped volunteers will support the business through roles as barista coaches and will provide double staffing for shifts. Utilizing volunteers in this capacity will enable us to defer employment costs and also provide the youth participating in this program with the hands-on training they will need to be successful.

This is a big endeavour, please be praying for the business and the ongoing planning! If you'd like to contribute to the project, donations can be sent to New Horizons Ministries. Please designate gift for 'business.'

A Personal Note

Contributed by Rebecca Cedergreen, Development Director

As you may already know, I have left New Horizons Ministries. I have been blessed with 9 years of serving along side many varied, incredibly gifted people here, and now that season of shared service is completed.

I was approached a few months ago with an invitation to consider being the Executive Director of Team Survivor Northwest (www.TSNW.org) a secular non-profit serving women cancer survivors through specialized community building events and fitness programs to strengthen them mentally, physically, and emotionally for survival. In early March, after fasting and prayer, I accepted this invitation. My last day in the office with NHM was April 1st, 2008.

God is faithful and thorough - during this period of discernment I wrestled with God regarding the timing of this change and leaving NHM - God was clear - it is only by God's hand that we are commissioned. Our one true loyalty is to the purpose of serving God wherever that commission takes us.

The timing of any change when submitted to God is comprehensive and whomever God has called to be the next Development Director for NHM is ready and knows it. I truly believe they will bring new energy, fresh ideas, and needed skills and talents relevant to Rita's vision I am excited to see what God does here over the next few years because I believe it will be BIG!

You are gifted, God driven people and I am humbled to have served with you. Blessings to you all!

