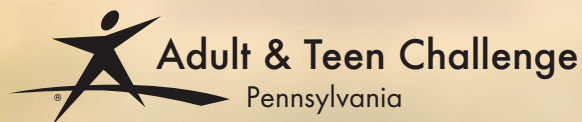


BRINGING WHOLENESS TO THE HOPELESS



APRIL 2023

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FROM OUR PRESIDENT...

The heart of who we are and all that we do, is centered on Christ and built on His unconditional love. There is a world full of hurting people around us with dangerously rising numbers of men and women falling into the devastating grip of addiction.

Our faith drives us to do everything we can, even more than we might imagine is possible on our own, as we stand alongside the broken and help them find wholeness. Where there is someone in need, we cannot be complacent - we want to find a way to meet them where they are.

With the Whole10K project, our organization is resolved to grow in answer to the desperate pleas that we are hearing from across our state and surrounding communities. (Check

out info on the Whole10K project on the last page of this newsletter.) As a Christian organization in the field of substance abuse, we have a unique opportunity to meet physical, mental, emotional and spiritual needs in one place. More programming and more locations will allow us to impact and save more lives, not only through quality medical and clinical services, but through sharing the gospel with those who would never encounter Christ in other treatment centers.

We believe that our calling is to reach out to those who are lost, just as we once were, and show them the hope that we now have. One of the many needs that we have heard is the astounding lack of treatment services

and quality resources for women. We have been working hard to find the best ways to share hope with our female population and look forward to bringing you news of more opportunities for women to receive care through our organization in the near future.

We are excited to see all that God will do in the lives of so many like Shannon, who shares her testimony in this letter. On her behalf and countless others, I want to thank you for serving alongside us in this vital ministry work and for your unwavering support as we continue to move forward together!



Kris J. McFadden, Sr., M.A.R.
President/CEO

CLINICAL SERVICES FOR WOMEN

Over 13% of women over the age of 18 had a substance use disorder in 2020. Almost three quarters of those women struggled with an alcohol addiction. Recovery from alcohol and other drugs can begin with a difficult detoxification process as the body begins to heal from its dependence.

PAATC has been providing vital detox and clinical inpatient services for women since 2018. In that time, over 1,000 patients have been served and many have decided to transfer to our long-term faith-based programs at the conclusion of their clinical levels of care.

These services are desperately needed, as programs for women are in short supply and when they need help, women are often reluctant to find it due to family and other responsibilities. The need is urgent, and your support helps make it possible for many women to take action and get help when they need it most.

Want to learn more about women and recovery? Check out this episode of the Above & Beyond Recovery podcast!



Watch Ep. 8



*Data is from the SAMHSA 2020 National Survey on Drug Use and Health (<https://www.samhsa.gov/data/report/2020-nsduh-women>)

SHANNON'S TESTIMONY

PAATC: What's your name and where are you from?

SC: My name is Shannon, and I'm from Delaware County, PA.

PAATC: What was your life like as you were growing up?

SC: My mom was basically a single mom who raised my sister and me. She worked really hard. I remember her working three jobs to keep everything afloat and to send me to Catholic grade school and a Catholic High School. My mom met my stepfather when I was about eight months old. He's really the only Dad I've ever known. He also struggled with addiction and was in a motorcycle club. He would disappear for days or even weeks at a time. When he and my mom got into arguments it often resulted in physical violence towards my mom. Life was often chaotic, and my house was notorious for all the police visits. Things were tough. Looking back, though, I see that my mom did the best that she could with what she had. Despite her best efforts, though, I always felt like I didn't belong anywhere, like I didn't really fit. I was uncomfortable in my own skin. And since I wasn't comfortable with myself at all, I didn't feel at peace anywhere I was. It didn't help that I was also bullied and teased a lot. Kids can be so mean sometimes! It pushed me towards flirting with the idea of suicide when I was in 5th and 6th grade. Thankfully, nothing happened, but it was a struggle for me.

PAATC: How did you first get involved with drugs and alcohol?

SC: I started drinking when I was in seventh grade. I did really well in school, but my mom worked all the time, and my dad wasn't around. I could pretty much do whatever I wanted at home. I often slept at my friend's house, and we started drinking together. It was like that for a couple years. I definitely had a problem with alcohol. But, when I got pregnant at 17, I stopped drinking. I didn't pick up my first opiate until I was 22.

PAATC: How did you start using opiates?

SC: I was tired at work and there was a customer who had some white stuff on his nose. I told him that he might want to go to the bathroom to fix his face. I thought he might have been doing cocaine, but he told me he sold Percocet. He asked if I knew

anyone that wanted some. I was so naive. Even though I had seen active addiction in my family and in my son's father, I just didn't think it would affect me in that way. I asked him what the Percocet would do, and he said it would give me energy. I felt like that's what I needed. I was also curious. I took my first Percocet that night, and it was off to the races for me. Two months of taking Percocet led me straight to heroin.

PAATC: When did you realize that you needed help?

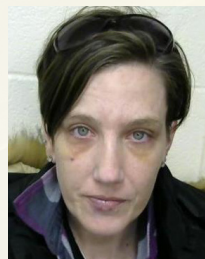
SC: I found myself in my apartment one day and my son and I were sitting on milk crates. I had sold all my furniture, and I had crashed a car. I knew I needed help before that, but I just I didn't want to stop using. I can't explain it, but I lost my drive for life. I thought I had already created too much damage and that there was no going back for me. That was after about a year and a half of my using again.

PAATC: How did you find out about Pennsylvania Adult & Teen Challenge?

SC: When I first got clean in 2010, a friend of the family went through the program in Rehrersburg so I had heard of it. But when I relapsed my son mentioned it again. He was actually the one that called to get me help. I had previously told myself that I would never go to Teen Challenge. I had this vision in my head of what it was going to be like, and I just pictured reliving my Catholic school experience.

PAATC: What was it like when you got here?

SC: It was really rough physically. I didn't think I was going to make it through detox. Prior to coming here, I had been going to the methadone clinic, and I was using fentanyl as well. I wanted to leave every night. I literally don't know how I made it through detox. The only explanation is God. My first time in a chapel service was such a relief though. I pictured pews and kneeling and standing and all those things, but it wasn't like that at all. I felt like I belonged there.



The day Shannon entered PAATC



PAATC: What has the Lord been doing in your life as you've been in the program?

SC: He has given me a new perspective on life. I used to think status had a lot to do with being successful in life. Now I just want to be at peace and serve Him. He has also carried me through grief. I lost my aunt when I was in the program. Outside of my son, she was my biggest support system. She was like a second mom to me. She took me in when I first got clean, and then took me in again when I relapsed. She was always there to love me without judgment and to help me rebuild my life. When I lost her, I was filled with such grief. But God has given me peace that surpasses all understanding and a sense of knowing that she's with Him. I can't explain all of what He's done inside of me, but *He has given me the ability to put my full trust in Him. I no longer worry all the time or live in fear and anxiety. I can finally rest in Him, knowing that He is in control, He is for my good, and He's not going to leave me. In coming to know God I feel like I've found the Father that I've always yearned for.*

PAATC: What would you say to the donors who help support Pennsylvania Adult & Teen Challenge?

SC: I would say that I don't think they really know the impact that they're having on someone's life when they are donating. They are helping to put us back together. PAATC is a place where we get closer to God and find healing. We wouldn't have this opportunity if it wasn't for them. I would say thank you and I would tell them that they are saving lives.

FIND US ON
SOCIAL MEDIA



SPOTLIGHT ON WOMEN'S PROGRAMMING

We recently sat down with Jamie Mondesir, the Director of Women's Long-Term Programming at PAATC. Having outgrown the space in Philadelphia, the women's program moved to Rehrersburg about a year ago. In that time, the average number of students in the program has grown from 9 to 24. **With more support services and opportunities, women are staying in the program longer and graduation rates are expected to continue to rise.** The new dorm area has been decorated to feel like home and features a cozy living room, kitchen, and outdoor fire pit for late-night chats and reflection.



Each day is filled with activities that promote growth and healing. Breakfast begins at 7 AM followed by medication times and house chores until the morning devotions. This devotion time is sometimes student-led, allowing the women to share what's on their heart and encourage each other. The rest of the morning is spent at the gym or participating in an on-campus work therapy activity where the ladies can serve in the blessing closet, marketing, student services, or other areas of interest. Before lunch, students also participate in outpatient counseling where they continue to sharpen their recovery tools through group and individual therapy. After lunch, there's a coffee break and then back to counseling groups and classes. In the evenings, chapels are held 5 days a week. Volunteers also join the students for crafts, games, and other leisure activities before heading to bed.



The women in our programs are growing every day in this nurturing and safe environment. Jamie said, "We are diligently working towards making more space and resources for the women. We know how important the discipleship portion of the program is, so we are dedicating targeted resources." This includes a new Discipleship Coordinator who recently joined the team to focus even more on spiritual development.



We asked Jamie how our supporters can pray for the women in our programs. She said, *"Pray that God continues to heal the hurts from their past. They have a lot of baggage and have a hard time letting things go. Also pray that God will soften their hearts and not allow the guilt and shame of their pasts to pull them away from this place."*

When we asked why this program is so important she said, *"I feel like women take on so much responsibility and a lot of them won't come get help because many of them don't know what to do with their children. When these women find somewhere for their kids to go, it's so important that we're ready to welcome them in right away before they change their mind."*



Thank you for your continued prayers and investment in the women's ministries here at PAATC. In the quiet moments of daily life, your support is changing lives.

Sponsorships Available!



JULY 8, 2023
Rain date: July 9, 2023*
Rehrersburg, PA
12pm - 10pm



Join us for a day full of family fun as we welcome alumni, families and friends to celebrate recovery and honor our graduating class of Summer, 2023.

PAATC.org/celebrate

- * Baptisms
- * Food Trucks
- * Worship
- * Inflatables
- * Graduation
- * Reptile Show
- * Alumni Dinner
- * Fireworks

*some activities and vendors may not be available on the rain date



In 2016, we embarked on a journey to make our programs more accessible. After realizing that we were only able to serve 20 out of every 100 people who called us looking for help, we made it our goal to flip that statistic upside-down and help 80% of the individuals reaching out.

By 2020, we had reached that goal - growing from serving about 250 people per year to over 2,500. We knew it was time to ask the Lord for a fresh vision. Using Ephesians 3:20 as our guiding star, PAATC is launching a new project called Whole10K. **Our hope is to expand our services and our reach to serve 10,000 people annually.**

We know that God is able to do “immeasurably more than all we ask or imagine”. Our prayer is that He will give us faith to take action in this time of great urgency. Communities all around us are in need of the services we provide and we aim to deliver them with excellence, knowing that all are deserving of compassion and dignity.

Thank you for your continued support as we endeavor to bring wholeness to even more people and communities caught in a seemingly hopeless struggle with addiction.

Spring Graduation
April 28, 2023

Golf Tournament
May 12, 2023

Family Days
April 29 & May 27

Annual Gala
November 3, 2023



Donations are the backbone of our ministry and through those donations, you have touched thousands of lives, relationships have been restored, and family legacies have been altered.

You can use the enclosed form to give or give securely online at PAATC.org/give

