



From Homelessness to Home

Blair, a New York City native and Navy Veteran, moved to North Carolina two decades ago, seeking a better life for his family. Together with his wife of 20 years, he built a successful cleaning business in Durham, working hard to overcome the challenges of his past, including intermittent homelessness and a long struggle with addiction.

In 2023, Blair's life was upended by a cascade of devastating events. The new business he had started failed, and he received a devastating diagnosis: stage 4 cancer. Amidst his own battle for survival, Blair found little support from his wife, who was dealing with her own unresolved trauma.

The emotional toll led him to start and stop his cancer treatments multiple times. Overwhelmed and suffering from breakdowns, Blair and his wife separated, leaving him homeless and living in his car. In May, he relocated to Salisbury to resume his cancer treatments at the VA Medical Center and to find the care and support he desperately needed.

Blair was connected with Rowan Helping Ministries and enrolled in our VA transitional housing program. With the guidance of his VA Case Manager, Solomon, and the encouragement from Veteran Peer Support Specialist Harold Moore, Blair began to see a path forward. He participated in our Veteran Wellness Recovery Action Plan classes and drew strength from the support and camaraderie of his fellow Veterans.

Today, Blair is nearing the completion of an exhausting 36 rounds of radiation treatment, a major milestone in his fight against cancer. With the help of our staff, he has secured housing back in Durham and is preparing to return to his adopted hometown, hopeful for what the future holds. His dreams are big—expanding his cleaning company, investing in land, staying healthy with yoga and exercise, traveling, and cherishing time with friends. Most importantly, he's looking forward to growing his relationships with his children, including his beloved daughter, who is in her final year of college.

Reflecting on his experience, Blair notes what makes Rowan Helping Ministries special, saying, "The level of caring and help—it's complete and total. You can go from zero to wherever you want being here. You can go from homelessness to home—it's holistic help."

There is no single face of homelessness. Behind each person who walks through our doors is a lifetime of experiences, challenges overcome, and dreams waiting to be rekindled. With the support of our caring community, we're helping people like Blair rewrite their stories and find their pathways home.

Empowering Individuals, Transforming Lives: Life Coaching Program

We believe our neighbors in crisis deserve the chance to achieve independence and stability. For nearly two decades, our Life Coaching program has provided personalized support to those working towards self-sufficiency.

In response to growing demand, we have expanded our Life Coaching program under the leadership of Sabra Mills, a long-time volunteer and Board Member. Our Life Coaches, selected for their empathy and willingness to help, undergo rigorous training to understand the barriers our clients face.

Participants in the program receive assistance in areas like job applications, budgeting, financial planning, parenting, and relationships. We collaborate with community partners, such as F&M Bank, to provide resources that support clients' financial stability.

The strength of our program lies in its personalized approach, empowering individuals to overcome obstacles and prepare for the future. As we continue to grow, we look forward to the transformative impact this program will have on the lives of those we serve, building a future where everyone can thrive.



Making Strides Towards Ending Homelessness: Street Outreach

Since 2020, our Street Outreach program has played a crucial role in addressing homelessness in Rowan County. Each week, our team engages homeless individuals living in places not meant for human habitation, working to build rapport and connect them with essential services to help them find a path out of homelessness.

In the past fiscal year, our team engaged 207 individuals, addressing their immediate needs and linking them with supportive services. This year, 35% of those who exited the program found permanent housing. Others were connected to substance abuse treatment, medical care, shelter, or assisted with obtaining identification.

In addition to our weekly outreach efforts, our Community Connections Resource Fairs offer a one-stop shop for supportive services, linking attendees with mental health resources, job opportunities, and housing assistance. With the support of partnering organizations, attendees take meaningful steps to improve their circumstances.

This program's success is made possible through the dedication of our staff, the support of the Salisbury Police Department, and our community partnerships. Together, we are making significant strides toward ending homelessness in our community.



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OUR MISSION

Our Mission is to serve, through cooperative community action, our neighbors in Rowan County who are in crisis, by providing essential life needs and educating and empowering them to break the cycle of crisis.

REPORT

IMPACT

FOR THE FISCAL YEAR JULY 01, 2023 – JUNE 30, 2024



NOURISHED AND SUPPORTED

Jeannie's Kitchen served 80,730 meals, ensuring no one in our community went hungry.



DISTRIBUTED GROCERIES

1,017,700 pounds of food were distributed to 4,235 households through our three food pantries.



SHELTERED THOSE IN NEED

We provided a safe haven and supportive services to 668 men, women, and children.



FED FOOD-INSECURE STUDENTS

We delivered 30,469 bags of shelf-stable food to students, ensuring they had nutritious meals over the weekends.



PROMOTED HEALTH AND WELL-BEING

Our commitment to holistic care saw 302 unsheltered individuals take 1,959 showers, 93 access primary care, 161 receive mental health services, and 263 participate in group mental health sessions through CRCHC.



PREVENTED HOMELESSNESS

We helped 966 households stay in their homes by providing \$440,192 in financial assistance, preventing evictions and utility disconnections. Additionally, 173 shelter guests successfully transitioned to permanent housing.



EMPOWERED THROUGH EDUCATION

415 guests attended life-changing classes on resume building, financial planning, and other important topics.



VALUED OUR VOLUNTEERS

2,342 dedicated volunteers gave 36,387 hours of service, a contribution valued at \$1,086,503.



Dear Friends,

As I reflect on the past year, I'm filled with profound gratitude and a sense of awe at what we've accomplished together. The stories of transformation and resilience we've witnessed this year show the difference that caring individuals can make when they come together with a shared purpose.



This year has brought both challenges and triumphs, each serving as a reminder of why our work is so important to our community. We've seen firsthand how a helping hand can lift someone from despair, how a warm meal can restore hope, and how a safe place to sleep can be the first step toward a brighter future.

Our success stories are numerous, but they all share a common thread – the support of our caring community. From our dedicated volunteers who give their time so generously, to our tireless staff who go above and beyond every day, to our donors whose generosity fuels our mission – you are the heartbeat of Rowan Helping Ministries.

In this report, you'll find more than just numbers and statistics. You'll see the faces of lives changed, the stories of obstacles overcome, and the tangible impact of our collective efforts. These achievements are yours as much as they are ours.

Yet, we know our work is far from done. As our community grows and changes, so do the challenges we face. Homelessness, hunger, and poverty continue to affect too many of our neighbors. But I'm encouraged because I know that together, we have the compassion, the resources, and the determination to meet these challenges head-on.

Looking ahead, we continue our commitment to expanding our reach, refining our programs, and finding innovative ways to empower those who are in crisis. We're exploring new partnerships, embracing change, and always seeking to improve how we deliver hope and help to our community.

Your continued support makes all of this possible. Whether you've been with us for years or are just joining our mission, please know that you're making a real, lasting difference in people's lives.

Thank you for being part of the Rowan Helping Ministries family. Your compassion, generosity, and belief in our shared vision inspire us daily. Together, we're not just changing lives – we're building a stronger, more caring community for all.

With heartfelt appreciation,

Kyna S. Grubb
Executive Director,
Rowan Helping Ministries

Miracles on the Horizon Progress and Promise



This year, we marked a major milestone in our Miracles on the Horizon Capital Project with the completion of the Eagle's Nest III transitional housing units and the renovation of the historic R.B. Miller building, now home to our administrative offices, case management, and the SHYAS Peer Support Living Room. Eagle's Nest III adds twelve transitional housing units, with nine reserved for Veterans in our VA GPD program.

Later this year, we will break ground on the First Horizons Permanent Supportive Housing Neighborhood, which will provide 10 permanent housing units for individuals and families needing intensive support and case management for long-term stability.

We have also begun reconfiguring the Ralph W. Ketner building to expand clinical space for Cabarrus Rowan Community Health Centers (CRCHC), our medical and mental health partner. This expansion,



supported by increased staff and extended hours, will offer our clients more accessible care for acute and chronic conditions on-site, helping to address the complex issues that can lead to homelessness.

Reflecting on these accomplishments, we are deeply grateful for the support from our community, donors, and partners, which has made these milestones possible. Each step forward represents the promise of hope and a brighter future for countless individuals and families in our community. Throughout the next year, we will continue to update you on the progress and success of our Miracles on the Horizon campaign.

RowanHelpingMinistries.org/capital-project

Bridging the Gap: Ensuring Long-Term Housing Success

The strongest predictor of future homelessness is past homelessness. Our case managers frequently received calls from former guests, now in permanent housing, who were once again on the verge of homelessness. To address these ongoing needs, we've expanded our programs to offer continued support to individuals transitioning to long-term stability.

This year, we were awarded a multi-year VA GPD Case Management grant, enabling us to launch Operation Home, a program that offers aftercare services to Veterans through post-housing case management. Our case managers assist with housing, employment, financial support, and access to community resources, helping Veterans maintain stable housing long-term.

Due to the success of this program, we plan to expand our team this year to include a case manager for non-Veteran clients, ensuring all receive the necessary support needed to prevent a return to homelessness.

We remain dedicated to helping our most vulnerable neighbors achieve lasting stability, and we're grateful for our partnership with the VA, which has helped us create a program that ensures homelessness in our community is rare, brief, and one-time.



Opening Doors to Compassionate Care: The SHYAS Peer Support Living Room

In July, we opened the doors of the S&H Youth and Adult Services (SHYAS) Peer Support Living Room on our campus. This innovative project uses the Living Room model of care, providing a home-like environment in which those in crisis can seek treatment and support.

The Living Room model provides a supportive alternative to overcrowded emergency rooms and costly hospitalizations. When our guests face mental health crises, contemplate self-harm, or risk relapsing on drugs or alcohol, they can immediately access compassionate care from professionals in a supportive, nonjudgemental setting.

The Peer Support Living Room offers crisis intervention, with peer support specialists helping individuals develop personalized safety plans. It also provides a safe, tranquil space for relaxation, with support from Certified Peer Support Specialists and on-call licensed psychiatric professionals. We look forward to our continued partnership with SHYAS and remain dedicated to delivering compassionate and effective care to all those we serve.