

CAM UPDATE

Christian Aftercare Ministries for Ex-Offenders

Non-profit Organization

www.christianaftercare.com

August 2021

Established 1994

Praising the Lord
for 25+ years!

FROM THE DIRECTOR

By Paul Roussel

The Importance of Having a Church Family

All of us as Christians understand how important it is for each of us to have a wonderful church family. Well, so it is for men and women being released from prison. We at CAM have emphasized the need to get into a Bible-preaching church the first Sunday after release all the years of our existence. But recently, this critical relationship has been highlighted as I have talked with or met with Shawn, Peter, Shawn, Dominick, Richie, Mike and Vickie, David, Eric, Stan, Roberto, Keith, Roger, Kim, Angie, Steve, Ken, Gerry, Francis, Gabriel, Mike, Don, . . . and the list goes on and on. Each one has the loving support of a church, and all have successfully reentered society! One example—Shawn Kane was recently faced with helping his drug-addicted daughter. Before he left North Carolina to come to NH, he asked his church family to pray for success. And indeed, the Lord is at work in her life! Shawn was able to lead her to accept Jesus as her Savior.

Sharing CAM's Story

Pastor Trevor Jones of Emmanuel Community Church in Concord asked us to share CAM's ministry story. On Sunday, June 27, CAM board member Steve Micucci and his wife, Donna, presented our ministry to the congregation there. The presentation went well, and we are thankful for the opportunity to tell people about the work of CAM.

The Annual CAM Dinner Is Back!

The Lord has worked out the details so CAM can host our annual CAM dinner on Saturday, October 23, 2021. We look forward to having many of you join us at our new location. **Please see the important details regarding changes on page 3.**

~Paul

Three Strands Treatment Center, Part 2

By CAM Board Member
Guy Torgersen

A few years ago, the Lord began leading Guy, in his mid-fifties, to something new. He went back to school in Addiction Counseling and became a licensed alcohol and drug counselor (LADC). He saw a need for more affordable treatment, and thus Three Strands Treatment Center was developed. (See Part 1 in the April 2021 CAM Update.)

Clinical assessment is required to attend the treatment program at Three Strands. The program is 4 weeks of intensive outpatient psychoeducational group counseling for a total of 36 hours; an additional 6 weeks of one-hour sessions of aftercare is required after completing the intensive outpatient portion, although most have continued with this weekly group counseling.

The intensive outpatient counseling is held in Manchester at 140 Central Street on Mondays, Tuesdays, and Thursdays from 6:00–9:15 p.m. The aftercare program is held on Wednesdays from 6:00–7:00 p.m. Groups are held with social distancing guidelines, and masks are provided.

Topics covered include Values, Cognitive Distortions, the Progression of the Disease of Addiction, Mental Health and Co-occurring Substance Use, Post-Acute Withdrawal, the Twelve-Step program, Triggers and Cravings, Meditation and Grounding Techniques, Family Dysfunctional Roles in Addiction, Nutrition in Recovery, and Neurobiology of Addiction and Trauma and its impact on Substance Use Disorder.

Offering the intensive outpatient option has allowed us to help men that relapse. Instead of dismissing them from our sober housing,

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Ministry Need Met

In our last newsletter, we asked for a volunteer to assemble toiletry kits for men and women being released from prison. Virginia Adams from MVBC stepped forward. She prepares kits containing toiletry items such as toothbrush, toothpaste, razor, facecloth, deodorant, shaving cream, etc. The men and women receiving these kits are overwhelmed with gratitude.

(Three Strands, *continued from page 1*)

they can begin the treatment program and be given a second chance. I believe in progress, not perfection.

Philippians 3:12 (ESV) says,

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.

Because homelessness can increase the chances of going back to active addiction, it is critical to keep people who relapse in sober housing.

My joy is helping these men who have struggled with addiction and feelings of a lifetime of guilt and shame. I have seen them transformed to a sober life and land good jobs and eventually get stable housing. We give them hope. I remember sharing with one of the men at the end of a session that God does not see us for our mistakes, but for our growth and progress. **Ephesians 2:10** tells us we are God's masterpiece; thus, with God's help, and a counselor's lead, we *can* overcome addictions and lead fulfilled, transformed lives.

I finish with a verse from a worship song written by Chris Tomlin, Jason Ingram, and Ruben Morgan called *I Will Follow*:

Where you go, I'll go,
Where you stay, I'll stay,
When You move, I'll move,
I will follow.

God calls us to be disciples and transform lives. I work with other nonprofits to help those that struggle and am starting a new venture with our church called The Living Well Center to help counsel those that struggle with addiction through our community. I feel so blessed to help others.

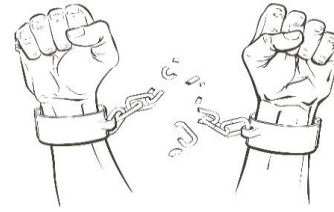
~ *Guy*

Three Strands Treatment Center
140 Central Street, Manchester, NH 03103
ThreeStrandsTreatment@gmail.com

PRAISE: *On July 20, 2021, state prison officials announced the reopening of the prisons in NH to all volunteers.*

PRAY: *That all Christian volunteers in NH would quickly reconnect with and minister to the men and women behind the walls.*

MY PERSONAL TESTIMONY



By David Jakubens

From age six, my life was filled with many disappointments and a lack of any role models to really give me any support or guidance. This led to me having huge fears and abandonment issues. At age 12, I experienced alcohol for the first time, and all those fears and insecurities I suffered from seemed to vanish.

At age 13, I went to my first rehab. It was hard to grasp that at that age I couldn't drink like "normal" drinkers, that in fact I was an alcoholic. I truly believe the alcoholism was directly related to my tragic upbringing.

I spent the next 35 years self-medicating my many mental health issues with drugs and alcohol, which in turn brought on many years of jail, prison, and rehabs. Throughout the years, I was in and out of Alcoholics Anonymous. **And I came to believe that God could do for me what I couldn't do for myself.**

I was introduced to the CAM ministry though Paul and Mike back in 1998 during my sober episodes. Throughout my many disappointments over the years, Paul never gave up on me. Finally, in 2011, I accepted Jesus with Pastor Dave Carlson and was baptized in his church.

Psalm 25:7 (NLT): *Do not remember the rebellious sins of my youth. Remember me in the light of your unfailing love, for you are merciful, O LORD.*

During my last stay in prison, I finally realized it was time for a change, basically to grow up. **I needed a solid exit plan or I was never going to make it.** I researched many long-term programs and felt that attending a Salvation Army Adult Rehabilitation Center (ARC), which was Christian-based, was a good fit for me. Like I said, I was never going to achieve sobriety without God.

(continued on page 3)

ANNUAL CAM DINNER & FUNDRAISER

We are excited to announce that we are having the CAM Dinner this year! This is an opportunity to hear great testimonies and speakers and reconnect with one another.

**YOU'RE
INVITED!**

**Saturday, October 23, 2021
6:00 p.m.**

**LOVE
OFFERINGS
ACCEPTED**

**Puritan Backroom Event Center
245 Hooksett Road, Manchester, NH**

CAM Ticket Required / At No Cost

Important changes: This is a new location, and the restaurant requires an accurate head count in advance. Please call Paul Roussel at 603-669-5090 by October 5, 2021, if you are coming. Due to an afternoon function, please plan to arrive a few minutes *after* 6:00 p.m. to avoid parking lot congestion.

~ We look forward to seeing you there! ~

JOIN US AT OUR NEW LOCATION!

(My Personal Testimony, *continued from page 2*)

In November 2019, I began my journey to get free from the bondage of drugs and alcohol. During the six-month treatment program, my trust in God grew considerably. After graduating the ARC program, I lived in a sober house until December 2020. Then I moved back to NH and found my roommate was not a good fit. So, I contacted Larry Nice at Helping Hands and moved there in April 2021.

Once again, Paul was there to greet me with prayer and support. My life isn't perfect, but I truly believe that God will never ask me anything that I couldn't handle. What a blessing that is. I now have employment, a good church to attend, and I am very active with Alcoholics Anonymous.


Thank you, CAM and Paul and Mike, for the many years of spiritual guidance and support. God bless you all.

~ David


CAM UPDATE
Christian Aftercare Ministries
50 Lowell Street
Manchester, NH 03101

Non-Profit Organization
U.S. Postage PAID
Manchester, NH 03101
Permit Number 434

TO ADDRESSEE OR CURRENT RESIDENT:



THANK YOU FOR YOUR DONATIONS:
Microwaves, Coffee Makers, and Vacuum Cleaners are
needed. Thanks to your generous past donations, we
currently have plenty of clothing and household goods to
distribute.



**FOR INFORMATION ABOUT DONATIONS,
PLEASE CALL OUR OFFICE: 603-669-5090.**

CHRISTIAN AFTERCARE MINISTRIES

Co-laborers with the Church in ministry to ex-offenders since 1994
www.christianaftercare.com

Updated office hours: Mon. 2:00 p.m.–4:30 p.m.
Thursday: 10:00 a.m.–6:00 p.m.
Phone: 603-669-5090

Tax-deductible donations may be made payable to
Christian Aftercare Ministries at

50 Lowell St., Manchester, NH 03101

Thank You for helping to meet our needs.

INVITE A SPEAKER: If you would like a CAM board member to visit your church or group to speak about this ministry, please call Paul Roussel, Director, at 603-669-5090 to schedule a date.

Board Members: Paul Roussel, Mike Grady, Jack Shuler, Samson Duclair, Dave Grant, Ernie Kilman, Guy and Deb Torgersen, Don Grosso, Steve Micucci

CAM UPDATE is issued tri-annually and mailed from Manchester, NH. CAM UPDATE is compiled by Paul Roussel, Director/Publisher, and prepared by Kathleen Deselle, Editor. To be placed on our mailing list, please contact the CAM office at 603-669-5090.