



## Join the Bob Coté Car Club!

**EACH YEAR DOWNTOWN PARKING** is getting worse, especially during baseball season. If you want a convenient, secure place to park your vehicle while attending a Rockies game, join the Bob Coté Car Club! Step Denver is conveniently located less than 5 blocks from Coors Field in a secure, gated facility. By becoming a member of the Bob Coté Car Club you will not only receive a personal designated parking spot, but your membership donation will go directly to the men we serve!

**To become a member of the Bob Coté Car Club please contact Jordan Fouts, Director of Marketing and Development, at 720-439-8487 or [jfouts@stepdenver.org](mailto:jfouts@stepdenver.org).**

**StepDenver**  
A Hand Up Not a Hand Out

2029 Larimer Street  
Denver, CO 80205  
[StepDenver.org](http://StepDenver.org)

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**Please use the enclosed donation envelope to provide vital support for our men.**

**StepDenver**  
A Hand Up Not a Hand Out

**A Renovation Only 60 Years in the Making**  
See story, page 3

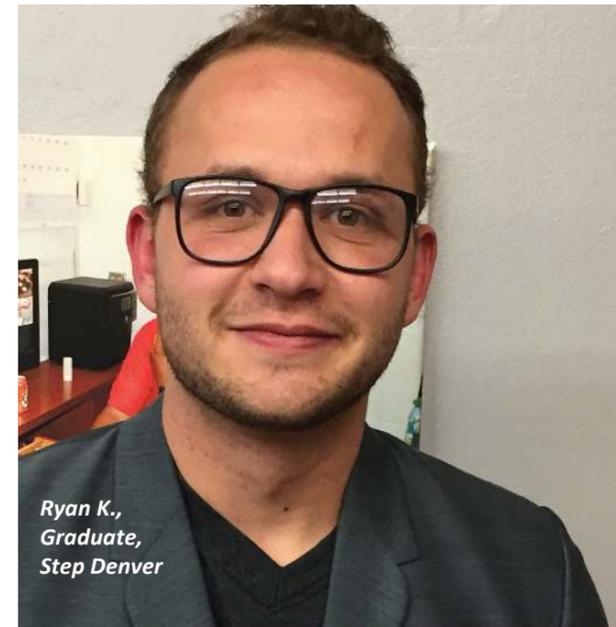
Spring 2018

### Step Inside Step Denver:

## Meet Ryan K., Graduate of Step Denver

**MY NAME IS RYAN K. AND I AM AN ADDICT.** Waking up in my car homeless, jobless and friendless was not how I imagined my life when I was a child. Just like most kids I wanted to be an athlete, firefighter or a businessman. My addiction took me down a hole I thought I could never climb out of.

I was born in Denver. I was adopted when I was young to a wonderful family. By the time I was 15 the pressure of being great was weighing on me though. I would numb the stress by smoking marijuana and drinking. That led to failing classes in school. I only cared about girls and partying. To the dismay of my parents, I moved out of the house when I was 17. I couch surfed for the rest of high school. I drank and smoked marijuana every night. I would steal money to buy drugs and alcohol. I never thought I had a problem because I surrounded myself with people who were focused on the same activities. When I graduated high school my athletic achievements allowed me to go to college. During my first day at college I found the team's drug dealer and started selling drugs. After one semester the police caught me so I had to leave and return to Denver. I lived in an extended stay for 3 months before I finally got a job. Once I had money



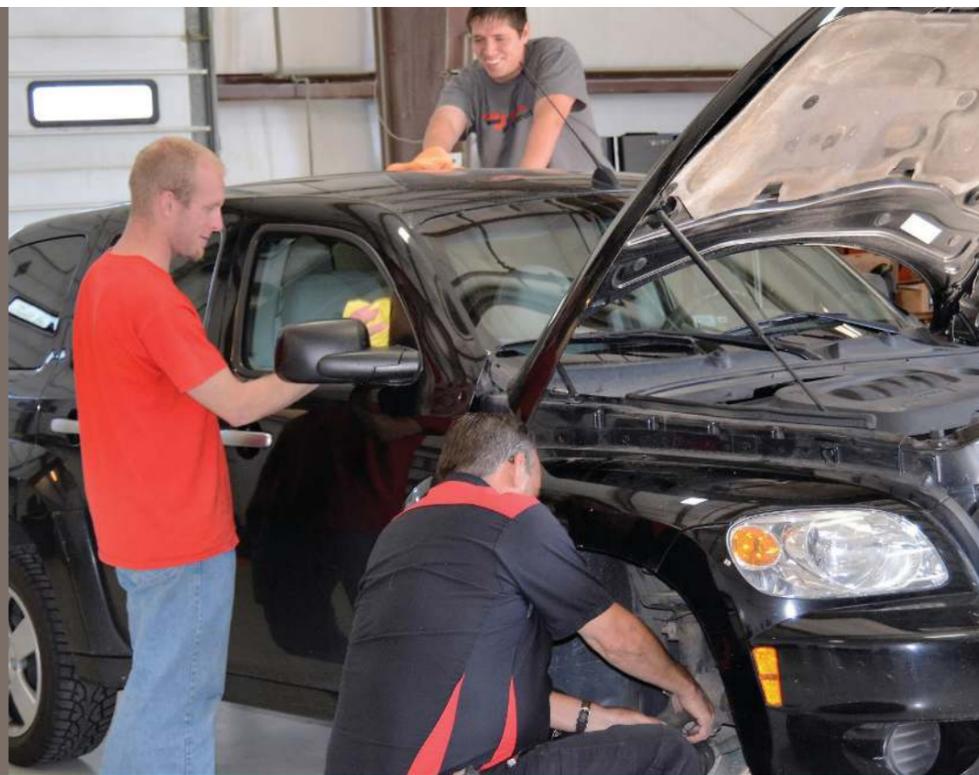
Ryan K.,  
Graduate,  
Step Denver

Please see Ryan K. on page 2

## Car Donations

**YOU PROBABLY KNOW** that you can donate your car or truck to Step Denver and receive a tax deduction for the gross amount it sells for. But do you know that you can also donate your motorcycles, RV's, and even boats? Our expanded warehouse and dedicated team make it easier than ever for you to make a big impact and benefit from the tax deduction.

We make it easy! Give us your title and the keys and we take care of the rest! We arrange pick-up or drop-off. We try to maximize your donation to benefit our program in the most impactful way.



**To donate today go to [StepDenver.org](http://StepDenver.org) or call 303-296-9020.**

### New friends Alexis and Jason



## Step Resident's Interview with 6th Grade Student

**STEP DENVER WAS HONORED** to receive donations from the 6th grade class at Pine Lane Elementary. Bags were filled with blankets, socks and gloves along with water and granola bars. In addition to this generosity, one student wanted to interview a resident to learn more about why he became homeless. Her eager curiosity was a delight! She asked what lead Step resident, Jason, to become homeless. He spoke candidly about his loneliness and struggles with addiction. She asked why he needed help and Jason said, "I got really sick. I couldn't stop drinking. I lost a lot of people in my life and wanted them back." She was curious why he chose Step Denver to which he replied "Step Denver was the only place that took my call. I was scared and done with the way I was living. The moment I walked into Step Denver it was open arms. It's

Please see Student on page 3

## Step Denver Announces New Director of Programs, Patrick McNamara

**MY NAME IS PATRICK McNAMARA** and along with 23 million other Americans, I suffer from the disease of addiction. It wasn't always like that, I'm just lucky I guess. Like most kids, I grew up in a great home, with a good family. I had all of the advantages. My life was outwardly grand but beneath the exterior facade, I somehow never felt that I belonged. I was different. I attributed that to many different things, I was born in Ireland, I was adopted, I was Catholic, I went to private school, and as many other reasons I could muster. Basically I was unique.

As I grew older, I searched for a way to feel comfortable and experimented with drugs and alcohol. After much research, I came to believe in the philosophy of better living through better chemistry. The right amount of alcohol made me feel comfortable in any situation. The right amount of cocaine allowed me to drink the right amount of alcohol and so on. My life became a continual quest to find the right balance. To feel good at all times was my only goal. At first it worked, but slowly

over time, maintaining that balance became more difficult. Life's obligations and the responsibilities of adulthood were interfering with my plan. My substance use was taking priority. My addiction was controlling my life.

As an adult, there was a long period of time when I found some relief to my addictions. Through a program of recovery I learned to live a different way of life. I was blessed with a lovely wife and a beautiful son, good jobs, houses, travel and all the things that make life enjoyable. After 15 years without a drink, or drug, I began to question the actuality of my addiction. I mistakenly believed that I could drink in moderation. That lasted one evening. My addiction returned with a vengeance. Within months I had succeeded in losing every bit of self-respect I had earned, and chose alcohol over my son, my wife, my family and all those who loved me. Nothing but drinking was important. In what seems like an instant, everything was gone. When the last person on earth who loved me threw me out, I wound up in jail. Sitting there I reminisced all that I had lost and pledged to salvage what life I had left. I recalled hearing a guy on the radio talking about a place called Step 13. A no-nonsense place where a man had to take

responsibility for his actions. I went from jail to detox and was accepted into Step 13 (now Step Denver) on June 4, 2012.

At Step Denver I found a place that allowed me the time to find a program of recovery and implement it. I found a place where I was given trust and respect because I earned it and deserved it, not because I was entitled to it. I re-learned to be accountable, to myself and others. I began to regain the trust and the love of my family. I began rebuilding the relationship with my son. After a year in the program I decided that I would like to give something back and when the opportunity as the Evening Facility Coordinator was offered I accepted it. A year later, with the implementation of the Steps for Success Program, I was offered a position and training as a Recovery Support Manager. After 2 years I was offered the Assistant Director of Programs position and as of January 1st, I was honored with the title of Director of Programs. I am grateful for the people and opportunities that God has put in my life. At Step Denver I am fortunate to be part of a team whose focus is unselfishly geared towards helping others.

Patrick McNamara

Ryan K. *from page 1*

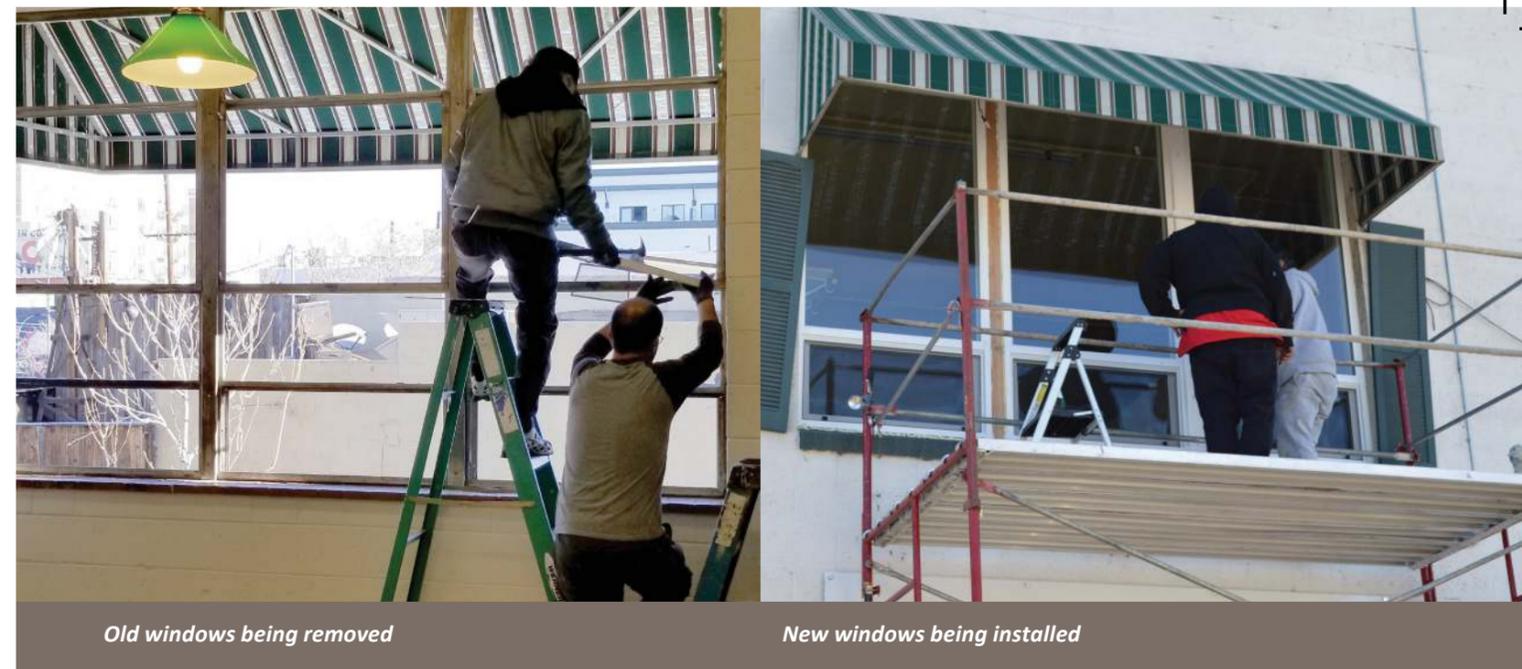
though, harder drugs gradually became a priority in my life. I started doing cocaine on a daily basis. I met girls with the same lifestyle and everything started heading downhill very fast.

All the stealing finally caught up to me and I was arrested, lost my apartment and my girlfriend. When I was released from jail I was placed on probation for one year. I stayed sober for two weeks. Then on Christmas Eve of 2016 I was using cocaine and realized I had to take a UA for probation soon. I had a panic attack. I went straight to my phone and looked up places to get help. Step Denver was the first program that appeared on my screen. A couple of days later I called them and was accepted on January 3, 2017.

Step Denver has changed my life. In a little over a year I went from having nothing to having everything I need. The program taught me how to deal with the stress of life and how to be a productive member of society. I cannot imagine where my kid would be if I didn't make that phone call and complete the program. The thing I will take out of this experience is that we are not alone. There is someone always willing to talk and give you good advice to get through rough times. It works if you work it!

Student *from page 1*

very structured but a lot of places do not feel like you're at home. At Step you do and it's pretty incredible." When she asked what his hopes were for the future Jason said, "To stay sober. On March 12th I will have been here 5 months. I'm thirty-five and I've always wanted a family. So there's still time." Jason continued to share with Alexis and her father that it's nice to have family back and a great support system. "Step Denver has given me a strong backbone. It's up to me but I couldn't do it without this place. I'm grabbing a hold of all of the resources that they offer and it's going really well." It was a heartfelt and touching conversation. Jason said he was grateful for the opportunity to be interviewed by Alexis and that it was one of the most impactful experiences of his life.



Old windows being removed

New windows being installed

## Thanks to Energy Outreach Colorado, Step Denver is Renovating its 60 Year-Old Building

**SINCE ITS ESTABLISHMENT** more than 34 years ago, Step Denver has provided refuge for thousands of homeless and low-income men seeking a new way of life. With this amount of traffic and use of the facility for more than three decades, the building needed immediate, structural changes and renovations.

Each resident is taught they have the right to be treated with dignity and respect and they have the right to a safe, clean living environment. In order to provide such an environment, Step Denver's sixty-year-old building was in dire need of renovations. Thanks to the generosity of Energy Outreach Colorado, the installation of more than \$128,000 worth of improvements to Step's worn infrastructure began in February. These upgrades will in turn reduce Step Denver's energy bill by about \$7,200 a year. Energy-saving measures include new windows, lighting, attic insulation, weather stripping, programmable thermostats and refrigerators.

The changes to the 30,000-square-foot building have made the center more livable and comfortable for the residents by decreasing noise, regulating temperatures and brightening the environment. "Through this investment in our facility, Energy Outreach Colorado has provided critical updates that will ensure our long-term sustainability and impactful program which benefits more than 250 men a year," said Step Denver's Executive Director

Paul Scudo. "The annual savings in our energy bills will also allow us to help more men overcoming the consequences of addiction, which is the overall goal of the Step Denver Program."

Energy Outreach Colorado manages statewide programs to lower energy costs in single-family homes, affordable housing communities and nonprofits that serve low-income communities. "Step Denver is the ideal organization to participate in our nonprofit energy efficiency program because of its transformational support of men through addiction recovery and homelessness. I was most impressed by the appearance and care of its 60-year-old building. The space is comfortable, welcoming, clean and very neat

- communicating visually the expectation of how each person will care for themselves while there. It's inspirational that Energy Outreach Colorado's improvements can make it possible for Step Denver to better execute its mission to support sobriety, work and accountability," said Brooke Pike, NEEP Manager from Energy Outreach Colorado. We are truly grateful for this dynamic partnership. These updates have provided a meaningful and timely impact with vital resources to resolve Step Denver's daily infrastructure problems while fostering a long-term solution to this immediate need.



View from inside a resident room