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to believe that a power greater than ourselves could restore us to sanity), and Step 3 (We turned our will and our lives over to the care of God as we understood him, praying for knowledge of his will for us) on a daily basis. While attending my required outside peer recovery meetings, I built a strong outside support network and learned that sobriety is achieved by taking it one day at a time. I am proud to say that I completed Step Denver program, after being a resident for 7 months. I initially began working at Qdoba for the first few months at Step, and then was able to get a better job as a teller at Chase Bank which I maintained through my time in the program.

After working at the bank for 6 months, an opportunity I never expected knocked on my door. With close to a year of sobriety, having regained the trust of my family and friends, and also re-engaged in the theater here in Colorado, I interviewed for and was offered the position of Admissions Coordinator for Step Denver. I now had the opportunity to help other men in need of sobriety, work, and accountability in the same way I was helped. I will always be grateful to Step Denver for helping me to change my life for the better, and now feel that I can make a difference in helping those that need addiction recovery, employment and life skills services. My role in assisting men to begin improving their lives through entry into Step Denver has provided me meaning in my work and allows me to give back in the way that I was helped in restoring my life. I am truly appreciative of this opportunity to be of service to my community.

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

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Denver, CO 80205  
StepDenver.org

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

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**Farewell to Board Members Schuck, Card and Lawrence**  
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Spring 2019

### Step Inside Step Denver

## Meet Sober Living Home Resident Chris H.

**MY NAME IS CHRIS H. AND I AM AN ADDICT.** You never seem to know how much you have to lose until you lose everything. Addiction took everything from me. Thankfully I found a place called Step Denver. This place not only saved my life, but also gave me the tools to help me rebuilt it.

I was born in Denver and was adopted into a very loving and caring family. This has been the only family I have known. I was very fortunate growing up and was afforded a wonderful childhood that most people might dream of. I had all the cool toys, went on trips, and was in a lot of sports programs. There was nothing but love and support around me. I was a very hyper kid and had difficulties in school. I was diagnosed with ADHD in the second grade. By the time I was in sixth grade I was getting in trouble a lot. This was also about the same time I started smoking marijuana. It only progressed from there and by the time I was a senior in high school I had done most of the drugs you can think of. I went to college at DU and did not even make it past the first year before failing out. After this I was partying all the time, using and selling drugs. Over that time, I began getting into legal trouble. I went to treatment a few times and managed to accumulate some sobriety and get back some of the things in my life, but I always fell back into my old ways. I was always doing the recovery thing for others and never for myself. I went to school to become a



Chris Harwood

radiology tech and I really loved it. After a while I began partying and selling drugs again. I thought that it was alright though because I was working and managing to not get into any legal trouble. At this time, I started my love affair with heroin. It was love at first use! This also became the path where I lost everything. I eventually lost my job. I would choose dope over hanging out with friends. My family started noticing how bad I had become. I was a ghost of a human being. I was no longer welcome at my parents' house and was eventually left with nothing and no support from family or friends. I was told about a place called Step Denver. After having exhausted any and all other

resources, I found myself at their door. This was the beginning of a new way of life. On July 9, 2018 I entered Step Denver. This place has been amazing! Within a week of being here I had a job at a printing company. I was going to recovery meetings and learning about my addiction. I was also learning how to become a productive member of society. Learning to take responsibility for my actions. Learning to cook, clean, and help others. I was also able to go out and learn to have fun being sober. Within a month my family was talking to me again. After six months in the primary facility, I was able to transition to the next phase in the program. I have been sober for 7 months now and now live at one of the Step Denver Sober Living homes and I could not be happier!

### Step Would Like Thank Robert W. For His Vehicle Donation!

**STEP DENVER RECENTLY RECEIVED A GENEROUS DONATION OF A 2005 TOYOTA 4-RUNNER** from longtime supporter Robert



Robert W.'s donated vehicle

W. Robert stated that he donated his vehicle to Step because "I truly believe in the work that you do." He went on to tell us that he has seen firsthand what the disease of addiction can do to a person. "I have both family members and friends that suffer from

addiction," said Robert, and he wanted to continue to support the work that we do here at Step Denver.

The Step Denver Vehicle Donation program was started over 12 years ago by former Board Member Wendy Bergen as a way to bring in additional revenue to fund our mission and to provide our donors with another option to help support the men we serve. The program has proven to be a vital part of our revenue stream. "Because Step does not accept any government funding, we rely on the support of private citizens to keep our doors open for the men who need help and vehicle donations are a big part of that," said Stephanie Landree, Director of Vehicle Donations. The goal of Step Denver is to get the maximum value for our supporters' vehicle donations in order to provide the most help it can to its men. Additionally, this provides the donor with the highest tax

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

## Car Donation Program

Running or not. We will take it.

It has been good to you. Now it is time to be good to someone else.

When you donate your vehicle, you are providing hope to our men who are battling addiction right here in Colorado.

**Donate today!**

**Call 303-296-9020 or visit us online at StepDenver.org**

**Free towing • Tax deduction\***

\*IRS guidelines apply

Step Denver is a men's residential recovery community that helps low-income men overcome the consequences of addiction and rebuild their lives through sobriety, work and accountability.

# Thank You and Farewell (But Not Goodbye!) to Board Members Who Made Step What It Is Today



Steve Schuck



Barb Card



Brian Lawrence

AS MANY OF YOU KNOW, STEP DENVER BEGAN AS STEP 13 in 1983 in Lower Downtown Denver at a time when what is now a thriving business, entertainment, and residential neighborhood was considered Skid Row. Dilapidated, vacant buildings and untraveled streets were home to hundreds of homeless alcoholics and drug addicts. The founders and staff of the Step 13 Evolution Process sought to help these faceless and forgotten souls through a unique program that focused on personal responsibility, accountability and self-sufficiency. Sobriety, Work, and Accountability became the core principles associated with assisting those suffering from the disease of addiction. Over time, Step 13 took root in LoDo and became home to helping men overcome the consequences of addiction.

As with any strong non-profit, the soul of the organization resides within its Board of Directors. These selfless individuals freely give of their time, energy, and financial resources to help guide the mission of the institution that is providing the assistance to those in need. They create the vision, values, and principles that ultimately shape the character of the program and give direction to the staff working with the clientele. It is with a heavy heart that we say, 'Thank You' and bid farewell to three of our long-term Board Members who for decades, provided the guidance, stability, and assistance that has made Step the entity that it is today.

While running for Governor of the State of Colorado in 1986, **Steve Schuck** was introduced to Step 13 by his staff member Ken Bell and became enamored of the organization. His involvement was driven by his fascination with then Executive Director Bob Coté's unique perspective on life, addiction, public policy, human behavior, and especially by Bob's deep convictions about what works and what does not work when dealing with addiction. "Before being involved with Step, my approach to societal challenges was like most other people's—address symptoms, not underlying causes." Mr. Schuck went on to say that he did what made him feel good, not what addressed the real problems. Once on the Board, Steve championed the values of Sobriety, Work, and Accountability to any and all who would listen. His efforts to share this model across the United States put him in front of prominent private groups and citizens who were interested in learning what made Step's approach to this problem so unique. He helped them to evaluate whether it might be implemented in their communities and why it was critically important for them to engage community leaders in the process. Steve's connection with the Colorado community business and civic leaders allowed him to share the message that too many good hearted, well intended people, motivated by their hearts not their heads, were exacerbating the very behaviors that they were trying to help eliminate. He also explained how valuable a contribution was to making the organization's model a success. As an engaged member of the Governance and Development Committees, Mr. Schuck helped to shape the financial stability and solid leadership of the Step Board and staff. For 32 years, Steve put the needs of

the men we serve as a priority in his life and says "It is not hyperbole to say that Step changed my life. In a strange way, it has enriched my life—as neither a drinker or druggie—as much as it does our men."

**Barb Card** first heard about Step 13 in 1987 when approached by a friend of then Board Member Ken Bell (See a pattern here?). "What really stood out to me, besides the men, was the Executive Director Bob Coté and his approach," recalls Barb. She shared that she was most impressed that they took NO government funding – city, state or federal. She agreed to meet Mr. Coté and thought that what he said about addiction, and what worked and what didn't when helping, made sense. She also learned that Step was in dire financial straits at the time and she agreed to assist in introducing Bob to donors that she knew from her time as the Finance Director for George H.W. Bush's campaign. Thus, began Barb's role as the fundraising leader for the non-profit. For years, Ms. Card tirelessly led the campaigns to fund Step and she became a vital part of both its Development and Governance Committees. Writing letters, making phone calls, and planning events to raise the money for Step became second nature to her. She was instrumental in getting key funders to visit the facility, meet Bob, and to learn about the program in detail. Barb put in countless hours over the years, learning about addiction and how to truly provide help to those in need. She talked of the men as if they were her family. "The 30 plus years of serving on the Board made me realize that not

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## Farewell *from previous page*

everyone was given the opportunities in life that had been afforded me." That humble and grateful perspective served Barb well as she gave of her time to be of service to those less fortunate. More importantly, it served well the men she was helping.

In 1993 **Brian Lawrence** was introduced to Step 13 through his friend and business associate Bill Daniels. After learning about Step and how it sought to help the homeless, addicted population, Mr. Lawrence became a large financial contributor and then a long-term Board Member. His personal experience with recovery provided him with a passion to help the men with their own addiction recovery. Brian served on both the Executive and Program Committees working to assist with the development of an improved recovery program for its residents, which is currently in place today, and he strove to ensure that addiction recovery programming took precedence in all of Steps proceedings. "I take pride in having helped to implement the Steps for Success process that is now in place," Brian said. With the passing of Bob Coté, Brian was instrumental in helping to guide the organization in finding a new Executive Director. He worked closely with then Board Chair Wendy Bergen to stabilize the organization's policies and procedures and ensure that Step Denver's non-profit legal status was secured after Bob's death. "I loved working with Wendy, she truly cared about Step." Brian feels that Wendy may have been one of the most important

## Vehicle *from page 1*

deduction possible. We accept vehicles regardless of their condition, running or not. At the beginning of the process, we assess how we can best use your gift, weighing its repair needs in comparison to the value for which it could be sold. Once completing this process, we sell the vehicle, collect the proceeds, and then send the donor a 1098 C tax form for the gross amount for which the vehicle was sold. "It was so easy!" Robert shared.

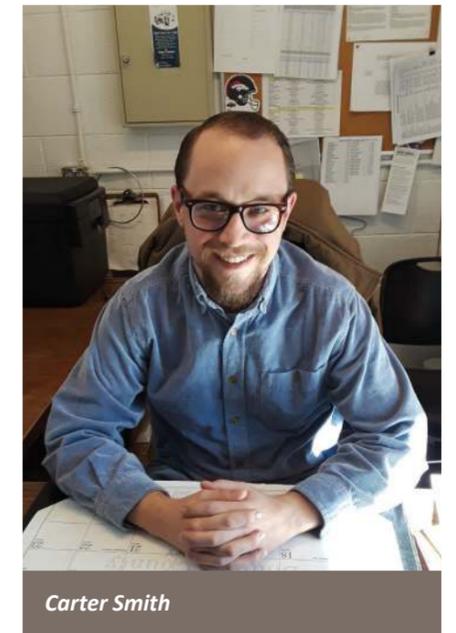
Step Denver is truly grateful to its generous donors and we could not provide this vital program for our men without the help of the community.

players in the history of Step, having started the Vehicle Donation program and also having served not only as a Member of the Board, but intimately involved with the day to day operations of the facility as well. To this day, Brian's love and concern for the men is evident. Always, the first things he asks of staff when speaking to them is "How are the men?" Brian has helped Step ensure that while here, they will be well.

It is important to note that Steve, Barb, and Brian were instrumental in leading the efforts to raise the funds that allowed us to purchase the Larimer facility building as well as the Jasmine Street Apartments and Warehouse where the Vehicle Donation program was able to grow to its full potential. This allowed for a financial stability in which resources could be now focused directly on the men.

We wish space allowed for us to list all the many, many things done in support of Step by these individuals over the years. Although these pillars of Step's history are stepping away to enjoy a much-deserved respite after years of service to the organization and its men, they leave knowing that they have laid the foundation for Step to help men for the foreseeable future. Without them, and their tireless efforts, Step would not be the beacon of hope that it is for so many men today. While we bid them farewell, we do NOT say goodbye. They will ever remain in our hearts and we will forever be grateful to them for all that they have done. Thank you, Steve, Barb, and Brian. We love you, and are sure that Bob is looking down and feeling the same way as well...

Because of donations like the one we received from Robert W., our men will continue their path to recovery. One resident received his first paycheck in over 5 years by obtaining a job through our workforce development program. Another resident, through our dental program was able to have a set of dentures created and now has a full set of teeth for the first time in over 10 years! These are just a few of the examples of what we are able to achieve through the funds generated from vehicle donations. A car donated is a future created! If you are thinking of donating a vehicle or know someone who is, please call 303-296-9020 or visit our website at [stepdenver.org](http://stepdenver.org).



Carter Smith

## Step Denver Welcomes New Admissions Coordinator, Carter Smith

**MY NAME IS CARTER** and I am in recovery from the disease of addiction. I started smoking pot when I was 13 years old. And I never wanted to stop. When marijuana lost its luster, I tried cocaine at a party with some friends. And I was hooked. After 2 years of using, stealing, lying, and denying the fact that I had a problem, I lost my job, got kicked out of my apartment, and had violated the trust of everyone who loved me and had been kind enough to try to help me. I stayed at a shelter the night before I applied at Step Denver, because my parents did not trust me to be in their home. When I found out that I had been accepted into the Step Denver program, I cried with my mom because I was so happy that I was going to get the help that I so desperately needed.

As a resident of Step Denver, I learned the importance of not only understanding the 12 Steps of Recovery, but also that I needed to work those Steps, to live Step 1 (We admitted that we were powerless over our addiction, and that our lives had become unmanageable), Step 2 (We came

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