

Karis Community

A Mental Health Community
of Hope and Healing Since 1976



July 2020 Newsletter



A note from our Executive Director

We live in a world in which we need to share responsibility. It's easy to say "It's not my child, not my community, not my world, not my problem." Then there are those who see the need and respond. I consider those people my heroes. - Fred Rogers

Dear Friends of Karis Community,

You are our heroes! You have partnered with us, and shared the responsibility for the safety and wellbeing of Karis Community, and all we serve.

Karis is built upon an intentional therapeutic community model. Every person at Karis embraces the value of shared responsibility. Every person learns they have the strength and courage it takes to contribute to their own wellbeing, and that of the whole. Each community member pays rent and a program fee that accounts for less than 25% of our annual budget. Karis Community must raise the remaining 75% of our budget. Year after year, you have kept our doors open and given our mission staying power.

In this very challenging season of COVID 19 many community members lost their jobs, we were unable to host our spring fundraiser, provide site visits to potential funders and individuals interested in what we do. Social distancing of six feet, wearing masks, suspending group meetings, and shared meals challenged our commitment to relationships that are the foundation of our unique program. It challenged our creativity. We are happy to say that continuity of care and empowerment was maintained and, no community member to date, has been diagnosed with the virus. This would not have been possible without your compassion and faithful support. You have come alongside us and lifted us up every day of every year, but you have been extraordinary in this season. Your ability to see the need and respond have even created the possibility that we may be able to finish our fiscal year in the black. We are so very grateful. You are indeed our heroes!

You have inspired and modeled for each person that has graced the front doors of Karis and Stepping Stone Cottage how to live with compassion and love your neighbor. The community has human spirit

in each of them. For this we also thank you.

Karis Community has a history of wonderful staff and boards of directors. Our current staff and board of directors has been exceptionally responsive and supportive. Thank you!

Personally, I am continually amazed and blessed by all of you. With a full heart, I again say thank you.

As human beings, our job in life is to help people realize how rare and valuable each one of us really is, that each of us has something that no one else has-or ever will have-something inside that is unique to all time. - Fred Rogers

With Gratitude and Appreciation,
E. J. Barklage, M.A., L.P.C.
Executive Director

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**“Just being there for someone can sometimes
bring hope when all seems hopeless.”**

- Dave G. Llewellyn

My Life Before Karis... And Now

Hello my name is Seth, and five years ago I was diagnosed with paranoid schizophrenia and PTSD. Before Karis Community, my life was in turmoil. It was filled with substance abuse, severe isolation, and eating disorders.

Since my time at Karis, my life has become more meaningful. I have friends and housemates. I have a purpose. I feel love and acceptance. Dealing with my mental illnesses daily and being an openly gay man, I needed a place like Karis to save my life. I finally feel like I have a voice. I have been sober for over two and a half years and I'm glad to be healthy. At Karis I have learned how to cook several meals for the community. The chores around the house make me feel more at home and an important member of the community.

Before Karis I was extremely suicidal but couldn't find a way to accomplish suicide. I now know that was a good thing. Living at Karis means that I am part of not only something good, but something great! Everyone at Karis struggles at times; however, instead of focusing on myself and my illness, I have become more caring and a better listener.

COVID-19 has not affected the community's love and respect for each other. I have been shown love, support, and acceptance. These are all things I needed to survive and thrive within my life. The support groups, chores and cooking meals for staff and housemates, help me feel like I'm part of the community. I've even started a garden. I can't wait for the flowers to bloom for the community. I have a great and positive roommate and believe that I am on good terms with the rest of the house members. I am currently in school and aiming for my Bachelors in Communications. My housemates here at Karis are always willing to lend an ear or advice on assignments that I have trouble with. I have slowly learned how to get around and I am much more active than before I moved into Karis.

I feel that as time goes by I will learn what grace and peace means and how to harness it within my heart and soul. Karis has saved me and I am very thankful for the great staff and all that they do. Thank you Karis Community! May the lion and the lamb teach us all to be a little less down on ourselves, to reach out when we are down or

struggling, and teach us to love and care for all of those in our lives.

Much love,
Seth
Community Member

**“Karis has been like a fertile garden
in which I can grow as a person
through the support of those
around me. Karis is like a big family,
and I am a very proud member!”**

- Tara, Community Member

Did you know?

- ↳ Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.
- ↳ Approximately 24% of state prisoners have “a recent history of a mental health condition”.
- ↳ Depression affects 350 million people worldwide.
- ↳ Approximately 1/4 of homeless adults staying in shelters live with serious mental illness.
- ↳ 1.1% of U.S. adults experience schizophrenia; 2.6% adults live with bipolar disorder; 6.9% of people battle depression; and 18.1% of us experience anxiety disorders.

How to Support Karis Community

We focus our resource development efforts on the services that will strengthen our programs; changing the lives of people suffering from serious and persistent mental illness, and the people around them.

Karis Community is a tax-exempt 501(c)(3) organization, allowing your gifts to be tax-deductible as allowed by the law. Our Federal Identification Number is 84-0715042.

We thank you for making a difference and considering a gift to Karis Community.

DONATE BY MAIL: Please make checks payable to *"Karis Community"* and send to:

Karis Community
1361 Detroit Street
Denver, CO 80206

SCAN ME



AMAZON SMILE: Simply go to smile.amazon.com, sign in, and select Karis Community as the charitable organization you'd like to support. We then receive 0.5% of your purchase price.

KING SOOPERS: If you shop at King Soopers and have a rewards account where you scan your card or enter your phone number, please link it to Karis! Go to <http://www.kingsoopers.com/communityrewards> and click enroll to make an account. Search for Karis, or enter our ID: IX097 to choose us, and they give

us a percentage of all money spent within the Community Rewards program.

QR CODE: Hover your phone over the "scan me" image above and voila! You'll head directly over to our website's donation page.

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We apologize for any omissions or errors on this list.

Our Mission

To provide a transitional community living opportunity for restoring basic life skills and improving the social well-being of individuals recovering from serious and persistent mental illness.