



**Adult & Teen Challenge**  
MidSouth

# **A CASE FOR SUPPORT**

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## **Adult & Teen Challenge MidSouth Vision & Mission**

*Offering a chance to start over, become a new person, live a godly life, and find freedom through a restored purpose and an eternal hope.*

Adult & Teen Challenge MidSouth is a 501(c)(3) organization that works on a holistic model of drug and alcohol recovery. This means that we are concerned with the body, mind, and spirit of those who come to our addiction recovery center. We endeavor to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive.

### **ATCMIDSOUTH'S STORY**

She came from a happy, loving home, but after being molested by a neighbor at age 12, she became a drug addict by 13. Spiraling out of control by her twenties she reached her breaking point sitting in a jail cell three days after being released from the hospital after a near-fatal overdose. Her words . . .

I started to cry out to God for Him to give me at least the desire to want to change. God answered that prayer and opened the doors for me to come to Teen Challenge and my life has been radically different ever since. I've gotten to know the Lord in a way I never knew possible and taught the Bible in a way I can understand. I have more joy and hope for my future than ever before. God has restored many relationships in my life with the greatest of these, by His redeeming power, is the relationship with my daughter. We are closer that we've been in years and I finally feel like a mom again. After graduation, I look forward to going back to school . . . .

She successfully completed her year with us just a few months ago and I had not heard from her since she left our re-entry facility and found her own place to live. She recently sent me a Christmas card with an update:

Everything's going really well. I just got promoted at work to team lead. I get my daughter every other weekend and we're closer than ever. I can never thank all of you enough for the time, effort, and love you all gave me during my time at A&TC. I truly have a new life, the life I always wanted and it's all thanks to the Lord and to A&TC.

Laura was once asked if it was true that mental and spiritual maturity stagnates at the point that addiction begins. With a big smile she responded, "Yes, I have been sixteen years old for ten years. But, I now have a job, an insurance card and a savings account. Better late than never!" I wish I could say all of our residents make this kind of progress. For many, the depth of addiction is too great to be overcome in just one year. But, without any hesitation, I can say that those who come here experience love and the hope of healing in a way they would never have otherwise. That opportunity is provided by those who are willing to invest in hope before these broken young people even find it themselves.

## ATCMIDSOUTH HISTORY

In 1978, Adult & Teen Challenge MidSouth was birthed in Chattanooga. For more than 40 years it has been involved in meeting the needs of those bound by “life-controlling addictions.” Our organization has grown from its humble beginnings in a small home on Willow Street serving only 6 men, to its present location of 7 acres at the foot of Lookout Mountain. Our facilities have capacity to house 65-75 men and women. This is a 12-month residential program for both men and women. (18+)

We have remained unwavering and dedicated to a program that has not only impacted the lives of over 3000 men and women who have entered our residential program, but we have seen literally thousands of others turn their lives around through our outreaches and how the residents impact their own family; it becomes a ripple effect.

## ATCMIDSOUTH IMPACT

On August 20, 2018, the Tennessee Department of Health released figures that statewide drug overdose deaths had risen to 1,776 in 2017 from 1,631 in 2016. These numbers reflect an all-time high since drug overdose reporting began. In keeping with reports that are spreading across the nation, prescription opioids were shown to be the most common drugs associated with the deaths. During that same period in Hamilton County, it was reported that there were a total of 85 deaths due to overdose of various types of drugs, but 60 of those deaths related directly to opioids. A recent poll of our residents at Adult & Teen Challenge MidSouth revealed that heroin was the overwhelming drug of choice. At least 80% also stated that their addiction to heroin began with a prescription opioid. These are merely the facts and figures of an epidemic that presents a clear and present danger to our local society and, more personally, to our families. And, regardless of race, religion or socio-economic background, no one is immune to its potential devastation.

Long-term, faith-based substance abuse recovery programs like A&TC MidSouth help those bound by any form of addiction not only regain their ability to function physically, but also assess damaging mindsets, correct destructive behaviors and overcome flawed belief systems. A&TC MidSouth is unique in that it is the only non-medical facility of its kind in the Chattanooga area. While we do not oppose the philosophy of those centers who choose to utilize medical treatment to help dissipate

the drug effects leading to hopeful sobriety, our philosophy has always been to not risk exchanging one addiction for another while we attempt to address the root cause from which the addiction grew.

For 41 years we have been providing a social and religious structure designed to give relief from the endless of cycle of hopelessness. We have found that when hurts from the past begin to heal and current dependencies are both addressed and eliminated, hope begins to be reborn and a productive future can be imagined. The definition of success, however, can be subjective. Our standards are high. At A&TC MidSouth, our desire is that our residents never return to destructive behaviors which includes the use of nicotine, drugs, alcohol or inappropriate relationships that greatly contribute to the likelihood of relapse. However, those unfamiliar with our standards may view success merely as one's ability to successfully hold a job, take care of their family and become a productive member of society at the most basic level. Either way, they return to society far better than they left it.

Less than 50% of those who enter our program will successfully complete the 12-month journey with us. We have found that, of those who finish, at least 50% will take their new trust in Jesus Christ as well as the practical tools for living they have received and go on to live clean, hopeful lives. Anyone who knows anything about addiction recovery will attest to that percentage being phenomenal when compared to secular programs of a much shorter duration. However, even for those who withdraw or are dismissed, there is an inescapable benefit to our method. From the moment the young man or woman sets foot on our campus, he or she is shown love, dignity, and respect regardless of their circumstance. More importantly, they are confronted daily with the reality that God loves them and that they have not sacrificed their opportunity to live a life that He can bless. We have frequently discovered that that fact alone is all the motivation that some require to leave us prematurely and still experience healing.



The distribution of  
**59,895 meals**  
to our residents

**\$282,866**

**IN INDIVIDUAL  
SUPPORT  
LAST YEAR  
ALONE**



**Residents Found Jobs  
And Began Saving  
28 Found  
Employment**



**Residents & Staff  
held these around  
the MidSouth**

**115 PROMOTIONAL EVENTS**



**Residents studied curriculum aimed at preparing  
them for a sober, successful future**

**67,312 CLASS HOURS**



**BAPTISMS  
30 RESIDENTS**

**THANK YOU**

At Adult & Teen Challenge MidSouth our focus is to reach and train each person coming through our doors to establish a foundation that will carry them through life. This is accomplished through a rigorous 12-month residential program incorporating chapel, counseling, character development and vocational training to help them prepare for a successful re-entry back into society. Our programs have been developed to encourage the resident to cope with everyday life issues. These principles also help residents strengthen their relationships with family and develop into emotionally balanced, socially adjusted, and spiritually alive individuals. The classes cover issues such as anger, sexuality, relationships, rebellion, depression, and other deep rooted issues. Our teachings help them get to the root of the problem so that healing can take place and transformation can begin.

It's been said that "repetition is the mother of mastery and skill". Overcoming life-controlling sins isn't an overnight job; it requires repeated exposure to spiritual truths and surroundings. In fact, 12 months is just a start – God continues to work on us all our lives! The success of our faith based program far surpasses those of similar secular programs. Studies show that over 86% of those who have been graduated and living on their own over five years are "clean". The major difference is the "life changing teachings" and learning to live a new life in Christ.

### **First 30 Days – Critical Care**

Goals – Establish a treatment plan, become physically healthy, mentally alert, establish a routine, and understand rules and boundaries. Feel safe.

### **3 Months – Introduction**

Goals – Identify the root of their issues; identify worth and Purpose; respectful to others; positive outlook toward future; healthier self-esteem, trust authority figures. Complete Forgiveness and Anger classes, recognize how to apply God's Word to life; have a sincere desire to change their lifestyle.

### **4 Months – Character Application**

Goals – Complete relationship classes, marriage, family etc. Complete Steps to Freedom, Christ Life Series. Display attitude of gratitude and honesty; mentoring new residents; Confident in sharing life testimony, repair damaged family relationships; Christian standards applied to all areas of their life; ready to seek employment.

### **5 Months – Life Skills**

Goals – Complete budgeting and time-management classes, prepare resume', find employment; find accountability partner, join a church, create a "Re-entry Back to Family" Plan. No longer dependent on Adult & Teen Challenge. Healthy, physically healed, spiritually alive; no longer a drain on the court system. Cut old ties, restored family relationships. No longer addicted to drugs/alcohol. Walking out a new life in Christ.

## ATCMIDSOUTH BUDGET

A previous President of Adult & Teen Challenge MidSouth was known for saying, "None of us are in this thing for the money, but without the money, we aren't in it." The staff is very aware of his point, for when a ministry is focused on those who often have little or no financial resources, the funding associated with tuition and other student-connected support is often unpredictable. Therefore, the Projected 2019 Budget shown below is subject to many variables. The numbers indicated have been determined by considering the new initiatives for enrollment, new events, and new fundraising strategies that are yet to be proven. Hence, the numbers are optimistic but are consistent with the same optimism as we see in the overall growth and impact of the ministry.

### Revenue and Expenses - 2019 Projected Year

#### INCOME/SUPPORT

Individual Gifts	\$360,000
Tuition Fees	\$175,000
Church Support	\$80,000
Foundation Grants	\$165,000
Corporation/Business Support	\$65,000
Special Events	\$250,000
Misc. Income	<u>\$373,500</u>
<b>TOTAL</b>	<b>\$1,468,500</b>

#### EXPENSES

Salaries	\$649,500
Other Program	\$552,300
Administration	\$90,800
Development/Media	\$143,900
Special Events	<u>\$32,000</u>
<b>TOTAL</b>	<b>\$1,468,500</b>

## ATCMIDSOUTH INVESTMENT IN HEALING

Adult & Teen Challenge MidSouth is a ministry in financial transition. For years, so much of our public fundraising focused on our special events such as our annual Freedom Gala, 5k Freedom Run, golf tournament, ladies' tea and Giving Tuesday. We will continue to provide such events and even develop new opportunities to present our ministry in a way that will generate income. One way we are doing this is by researching and developing micro-business projects as part of our resident program in order to become more self-sustaining in the years to come. There are more than 1700 non-profit entities in the Greater Chattanooga area and we are clearly going to have to color outside the lines from what has been our norm in order obtain the necessary operating funds.

Until the day comes when A&TC can become financially self-sustaining, we will continue to rely upon the trust and generosity of those who believe in our method of bringing hope to those bound by addiction. Every gift, regardless of the amount, is in an investment in healing not only of the individual, but also those who love them. It is a foundational misunderstanding to believe that only one person in a family suffers from addiction—its devastating effects transfer to even those beyond the immediate household. We appreciate your prayerful consideration in supporting us in the most appropriate way for you.

Giving to Adult & Teen Challenge MidSouth can be accomplished in three ways:

- By sending a check in the mail.
- By giving online at [tcmidsouth.org](http://tcmidsouth.org) and clicking any "DONATE" tab.
- By texting TCMIDSOUTH to 41444.

You may also direct your gift to bless one of three areas of need:

- Our general operating budget. (Pays all the necessary bills and salaries)
- Our resident scholarship fund. (Provides tuition when applicant has no financial support)
- Our campus development fund. (Provides for needed upgrades and repairs to our facilities on our 7 ½ acre campus)

Submitted By: Dr. David McNabb, President & CEO

