



Duke's Column

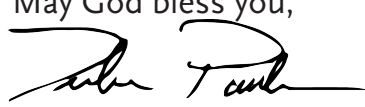
Overcoming Trauma IS Possible

When I hear stories like Justin's, I begin to comprehend the weight that veterans experiencing homelessness carry with them daily. It's heartbreaking to hear of their past trauma which makes life on the streets an even heavier burden.

But I know healing and restoration is always possible. Jesus shows us that it is throughout the Gospel.

It is with this hope in mind that we partner with Veterans Affairs and other organizations to provide veterans at our shelter with the most impactful care and life-changing support.

Jesus truly is the only one who can heal the deepest traumas in life and it's a privilege to share that Good News with veterans who are homeless and hurting in our community.

May God bless you,

Duke Paulson, Executive Director



Will you honor a veteran by making a gift today?

Veterans staying at the Tacoma Rescue Mission receive crucial one-on-one counseling and support.

Why Your Gift Matters

Right now in Pierce County, there are veterans who are homeless and hurting.

You can make a difference for those who bravely sacrificed so much for the freedoms we all enjoy.

Your gift of \$18.71 will provide a veteran with one night of safe shelter, warm meals and a day of crucial, personalized services.

Services such as mental health counseling, case management and more **help our veterans go from merely surviving to thriving.**

Thank you for your gift and prayers as together we fight for those who fought for us.

You can go online to trm.org and give right now!

HELP. HOPE. HEALING.
THE NEWSLETTER OF TACOMA RESCUE MISSION

OUR COMMITMENT TO YOU

The entire staff of The Rescue Mission pledges to do everything possible to help the hurting and homeless. It was our commitment when our work began in 1912, and it continues to drive us. We pledge to bring help, hope, and healing to as many people as possible by providing food, shelter, clothing, education, job training, work opportunities, transitional housing, and other programs.

P.O. Box 1912 | Tacoma, Washington 98401-1912 | 253.383.4493
trm.org | [f](#) myrescuemission | [t](#) RescueMissionUS



Three Years of Service 40 Years of Trauma

Justin* entered the Army in 1976 and gave three years to serving his country.

Those three years impacted his life in ways he never could have imagined. During his service, he witnessed and experienced traumatic events that have haunted him for over 40 years.

After he was honorably discharged in April of 1979, he struggled to reconnect with society and cope with the debilitating symptoms of his Post-Traumatic Stress Disorder (PTSD).

Justin felt overwhelmed, alone and misunderstood. His family and friends couldn't relate to his experiences and he found it difficult to relate to them.

"My personal life was getting bleaker and bleaker," Justin shares. "I became very isolated..."

Continued inside ▸

Justin, a proud Army Veteran, suffered from mental, physical and emotional trauma that impacted his everyday life.



INSIDE:

- Did You Know?
- You Can Make a Difference
- Uniquely Caring for Our Veterans
- Why Your Gift Matters



* Name and photo changed to protect client privacy

Three Years of Service 40 Years of Trauma

Depressed, isolated and alone, Justin suffered from agonizing migraines. The physical, mental and emotional trauma began taking a devastating toll. He soon found himself bouncing from place to place, eventually ending up on the streets.

Justin recalls struggling with homelessness 19 times in the past 40 years.

When Justin came to the Mission he was simply surviving, certain that no one could help. Instead he found fellow veterans who understood his unique trauma and could support him with the personalized care he needed.

“They look at the vets as a special group here,” Justin shares. “They offer services that really affect the part of society that struggles the most and give back to people that have lost some of their personal well-being.”

Now, Justin has a special team of Veterans Affairs representatives and Rescue Mission case managers working to help him secure disability benefits and long-term housing.

“It gives me hope to have people taking an interest in me that are also veterans. You can really see their dedication to helping people,” Justin says.

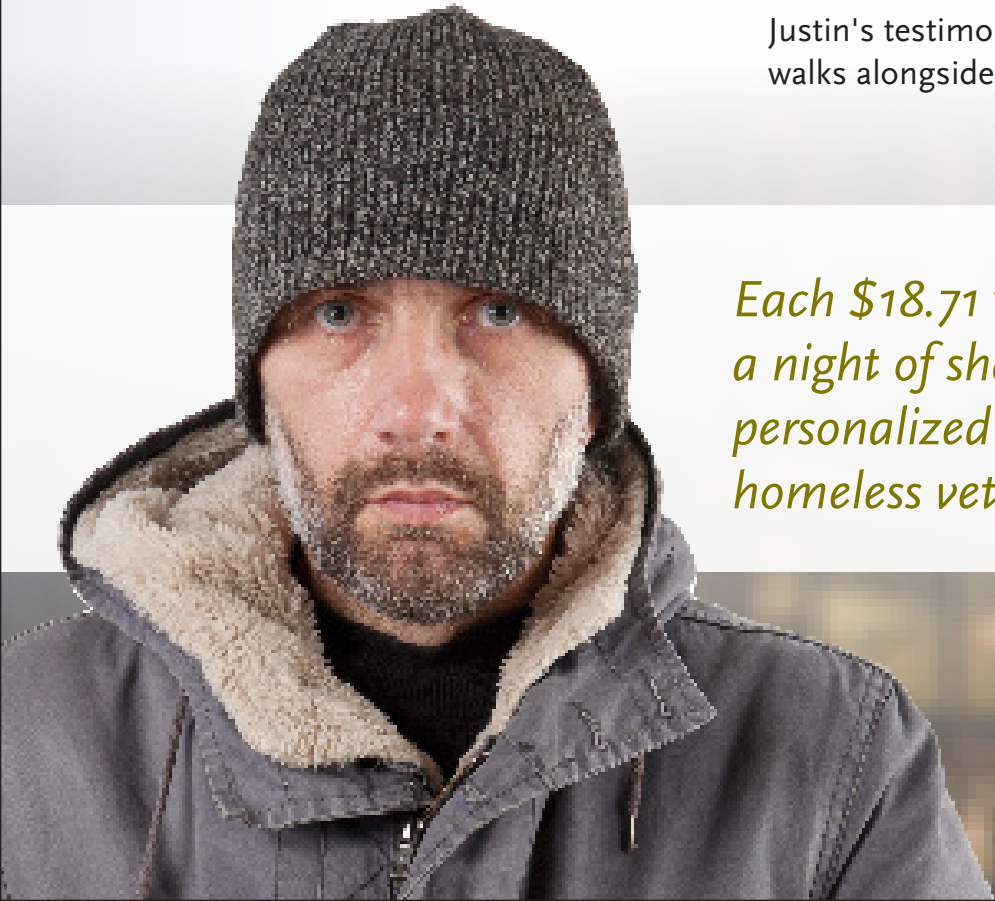
Justin no longer feels isolated. He's made valuable friendships with staff members and with fellow veterans staying in our shelter space specifically designated for veterans experiencing homelessness.

“I've really had no friends,” Justin shares. “But I've made friends here.”

His time at the Mission has empowered Justin to move from merely surviving to thriving. Now he wants to give back by serving other veterans as a peer counselor.

We look forward to seeing how God will use Justin's testimony and experiences as he walks alongside his fellow veterans.

Each \$18.71 you give will provide a night of shelter, meals and personalized services for a homeless veteran like Justin.



Did you know?

Washington state ranks 4th highest in the nation for the number of veterans experiencing homelessness.

PTSD is one of the main causes of homelessness for veterans in Washington. It is a key reason The Rescue Mission offers them personalized support and care.

Veterans with symptoms of PTSD suffer from sleep deprivation, panic attacks, migraines and more. **It can make it extremely difficult to hold a job, maintain healthy relationships, or even manage everyday life activities.**

You Can Make a Difference for Veterans Experiencing Homelessness.

Right now there is a veteran, like Justin, living on the streets suffering -- feeling alone and misunderstood.

Your gift today will help provide one or more veterans with meals, safe shelter and personalized services to meet their unique situation and challenges.

The Tacoma Rescue Mission provides designated shelter space and specially trained staff to support veterans experiencing homelessness. Additionally, we have a thriving partnership with the local Veterans Affairs office. Together we offer specialized counseling and case management, housing and employment services, and much needed referrals to outside resources.

Verse of the month:

*“Greater love has no one than this: to lay down one’s life for one’s friends.”
– John 15:13 (NIV)*

Uniquely Caring for Our Veterans

Your gift today helps provide critical services such as:



Pierce County's ONLY Designated Shelter Space for Veterans

Veterans with PTSD often struggle with trust. That is why this separate space is so important.

Being surrounded by fellow veterans who can relate to their challenges and experiences helps facilitate healing and restoration.



The Veterans Resource Center

Here our veterans receive crucial one-on-one assistance, guidance and encouragement.

We partner with Veterans Affairs to link them with a variety of services and support unique to their situation.

