

New Life at New Generation

How a life with seemingly no hope can get back on track

“My story, and the stories of so many others, are possible because our donors make it possible – to change our lives, to have hope.”

- Brandy, former New Generation client & current staff member

Afraid. Lost. Addicted. Brandy’s life was unraveling and hit a breaking point on a fateful and frightening night in 2016. There she was, pulled over on the side of Interstate 95 in Portsmouth. Facing her were blue lights and the real prospect of losing her freedom – and so much more.

How did it come to this? The answer can be traced back several years to her freshman year in college when she suffered a serious back injury that would alter the trajectory of her life. While doctors were able to heal her medically, the toll of this ordeal was huge. Brandy left school and did not return. She also became addicted to the pain medication she was prescribed after her surgery. Both consequences would stay with her for many years.

“Dropping out of college was probably the biggest mistake of my life,” she recalls. “When the prescriptions eventually ran out, I just went out and found other ways to get what I needed. I developed a serious substance misuse problem.”



Catalyst of Change

As Brandy stood outside her car on Interstate 95, hundreds of thoughts raced through her mind, none of which envisioned a good outcome. In fact, things were about to get worse.

“My drug use had gotten so bad that my right eyeball had crossed and I could barely see,” she recounts. “The federal indictment came a year later. By then, I was also pregnant and didn’t know who the father was. At first, I didn’t want the baby because I was so lost. But today I’m super grateful that I have my son.”

The choice to keep her child and take responsibility for her actions marked an important shift for Brandy. She turned herself into the authorities and, awaiting her legal fate, followed the judge’s orders to participate in programs to treat her substance misuse and mental health issues.

Continued Inside

New Life at New Generation: Continued

While in treatment, Brandy needed a place where she and her recently born son RJ could stay to begin building his life – and getting hers back on track. She found New Generation in Greenland, a shelter and transitional housing facility for pregnant women, mothers and children experiencing homelessness, offering a safe, caring and motivating environment where residents can pursue new beginnings.

“October 8, 2018 was the day RJ and I moved in,” she recounts, “and right away, the women were so welcoming and made me feel like I was something.”

The “Better Path” Opens Doors

Brandy’s decision to, as she says, “seek the better path and do everything right” in her treatment and court-mandated programs ultimately led to her felony charge being dropped to a misdemeanor at sentencing with no jail time. At New Generation, she received the encouragement and support to reach higher – to build a career, become a better parent and secure permanent housing.

“I came into New Generation with the goals of continuing my recovery and finding housing,” Brandy says. “I worked with my case manager to accomplish them, and also got to participate in group parenting classes and learned so much. Feedback from the group was sometimes hard to hear but definitely made me a better parent. It took a while to get independent housing but when I did, it was the best day of my life. New Generation also supported me in getting my New Hampshire Certified Recovery Support Worker (CRSW) license, which opened the opportunity to become a case manager and do the work I’m doing now with the women here.”

Initially a part-time resident support staff member, Brandy has been working full-time with the residents at New Generation since 2020 and is a true inspiration.

“Seeing how she succeeded gives me and the other residents the hope to be able to make a better future for us and our kids,” says Aby, a current resident. “And that’s what it’s all about.”

Afraid, lost and addicted no more, Brandy is now confident, accountable and sober. She and RJ (soon to be age 4) are enjoying life together and she plans to return someday to college to earn her degree. Now the Family Services Manager at New Generation, Brandy wants nothing more than to help many more women follow in her footsteps.

“Working with these women and children who come in so vulnerable, and then watching them walk out of here with housing, employment and being the parents they want to be is the best feeling in the world,” she says.

“My story, and the stories of so many others, are possible because our donors make it possible – to change our lives, to have hope. I’m so thankful to be here and this is probably where I’m going to be for the rest of my life.”

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Program Spotlight

Community Services: Creating Pathways out of Poverty

Many of our NH neighbors are overwhelmed by poverty or lack adequate resources to get out of crisis. Our Community Services program provides compassionate guidance and support that addresses urgent needs, while helping shift the fundamental dynamics of their lives to create pathways out of poverty that can lead to long-term success.

Who We Help

We assist individuals and families – of all ages and backgrounds – who have difficulty making ends meet on a daily basis, including those in poverty or chronic financial hardship, those in dire emergency situations and those dealing with overwhelming life circumstances often beyond their control.

The Need: Why This Matters

- Hundreds of individuals and families across NH struggle to get by on a daily basis. 19% of the population are living below 200% of the poverty line, including 21% of NH children
- Among those assisted by our Community Services program:
 - 93% have an income less than twice the poverty level
 - 85% are unable to meet their basic needs with their own income
 - 72% have unsecure access to basic utilities, and either struggle to pay bills or experience shut offs

Make a difference today:

[cc-nh.org/
news322](https://cc-nh.org/news322)

How We Help

- Case management, financial literacy training and community referrals
- Life Plans that address and remove current obstacles, while setting practical goals that help generate sustainable solutions and create the resilience to successfully navigate future life challenges
- Online support groups around bereavement, unemployment and other issues that have a profound impact on NH residents

What Success Looks Like

- Individuals and families acquire the tools they need to put them on a path out of crisis. They also gain a more holistic understanding of the struggles they face, and can more easily identify and work towards the solutions to make lasting improvements to their lives

The Impact

- 60% of those we have worked with to develop a Life Plan report improved life situations and achieve major goals they never imagined possible, from creating a household budget and enhancing their financial skills to securing affordable housing to pursuing education and job training

“Catholic Charities, you have been the answer to my prayers on so many levels. You have given me hope, strengthened my faith, and I am forever grateful for you. I hope to continue paying your kindness forward.”

– George S, client



Volunteers Needed: Caring Rides for Homebound Seniors

CareGivers is seeking volunteers to meet the growing demand for its Caring Rides program, serving homebound seniors across Greater Manchester and Greater Nashua. Volunteers drive seniors to medical appointments, dental visits, dialysis appointments, the pharmacy and other vital appointments. Volunteers can choose when and where they volunteer, with no required time commitment. For more information on how you can make a life-changing impact for seniors facing isolation, visit caringrides.org or call **603-622-4948**.



Grant Recognition

Thank you to the following for awarding grants to support Catholic Charities NH's programs and services:

Adelard A. and Valeda Lea Roy Foundation	CareGivers
Ann De Nicola Trust	CareGivers
Dobles Foundation	Community Services
Eastern Bank Charitable Foundation	New Generation
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Pulte Family Charitable Foundation	Monadnock at Home
Rogers Family Foundation	Community Services
Saab Family Foundation	Mental Health Counseling Services
Stannard & Dorothy Dunn Charitable Trust	Community Services
TC Energy Foundation	New Generation

Your Legacy

Make a lasting impact by naming Catholic Charities NH in your will or estate plans. For more information contact Karen Moynihan at **603-669-3030**.

Mardi Gras!

Mardi Gras vibes were in full swing on Fat Tuesday, March 1, as we came together to raise more than \$180,000 to support our

New Hampshire neighbors seeking to overcome obstacles and build more stable lives. Held virtually, the 2022 Mardi Gras featured special guests, exclusive “viewer only” raffles, a virtual auction and plenty of chances to win some amazing prizes. You can view the program at cc-nh.org/mardigras.

A big thanks to all of our amazing sponsors – Presenting Sponsor CGI Business Solutions, and Streaming Sponsor – Harvard Pilgrim Health Care, committee members, Krewe Fundraising Champions, and most importantly, YOU for making our biggest fundraiser of the year a huge success!

5th Annual **FORE** The Veterans Golf Tournament

Save the date for a fun-filled day to support veterans facing homelessness, substance use and difficulties accessing everyday needs.

June 25th
Stonebridge Country Club, Goffstown

Visit libertyhousenh.org/fore
for more information



What our Mission Means to Me

Steven Knight, our assistant vice president of program and mission integrity, shares with us what the Catholic Charities NH mission means to him:

“I view our Mission as a beacon to help us navigate through troubled times; we live in a world that contains beauty and joy, but also a great deal of suffering; so much so that we can easily despair at the state of things.

For solace and guidance, I look to the example of Jesus’ life and it restores my hope and inspires me. In his ministry, Jesus worked hard to spread a new way of thinking, urging people to set aside their differences and grievances and simply love one another. And he demonstrated for us what this looks like, as he encountered individuals one-on-one, healed their ailments and sent them on their way changed forever.

At Catholic Charities, we strive to put this example to work every day: we focus on the specific needs of our individual clients and residents, engaging them with programs and services to heal their physical, emotional and spiritual wounds, comfort them in their fear and grief and loneliness, and empower them to live their best lives.”





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Marc's Unexpected Journey

Marc never expected his life to be like it is today. Grounded and motivated growing up, he spent four years in the military before going to college, embarking on a full-time industrial career, buying his first home, then becoming a proud father. He had everything he wanted. But like Marc, many veterans carry invisible wounds – such as post-traumatic stress, addiction and other significant barriers – that leave them struggling and searching to develop a path forward. Marc developed a drinking problem and it got progressively worse, negatively impacting his work, family and daily life.

Marc recently found hope in Liberty House, the Catholic Charities NH program that provides substance-free housing and assistance to help veterans like him get back on their feet, regain their independence and build stable futures. For Marc, Liberty House is his path to building a foundation where he can envision a better life, put his struggles behind him once and for all – and most importantly, be a positive example for his child who he loves more than anything.

He still has a lot of work ahead of him – completing Liberty House's 4-Step process through recovery, finding employment and ultimately moving on to a place of his own – ***a journey that is made possible through your support of Catholic Charities NH.***

Marc remains optimistic as he talks about the meaning of Liberty House - *“We’ve put ourselves in a situation in life where we don’t want to be. To be able to come here and regain a sense of who you are and the potential of the future you always wanted is a beautiful thing.”*