

Milestones

Recovery happens in relationships.

SUMMER 2026

A New Life Built on Integrity

“I didn't realize what a spiritual experience was or having a connection with a power greater than myself.” — Brian

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Santa Barbara
Rescue Mission

sbrm.org



A NOTE OF FRIENDSHIP FROM ROLF GEYSLING

Unexpected Sunshine!

A LOT OF SUMMER mornings in Santa Barbara start under the marine layer. You know how it goes. You wake up to gray skies and cool air and it feels like the sun's never coming out. Right? We call it "June Gloom" for a reason.

But we also know what usually happens. If you wait, the clouds thin. Light breaks through. The sun shows up and, suddenly, it's a brand-new day.

That makes me think of Brian.

When Brian came to the Mission, he was a pretty institutionalized, angry guy. Very gruff. But today, his changed heart shines through. You can talk to him for five minutes and he will tell you how good life is now, with a kind of surprising joy that delights me.

I remember him coming to dinner at my house for graduation and thinking, this isn't the same man I met at the beginning. I don't think he ever believed his life could be what it is today.

That kind of change does not happen in a flash. It happens through steady care and a clear path forward.

Your gifts provide the continuity of care that makes this radical change possible. You allow the Mission to walk with someone from basic assistance to lasting transformation. You help lift the gloom, and you make sure the light of Jesus shines brightly.

A handwritten signature in blue ink that reads "Rolf". The signature is stylized and written in a cursive-like font.

"The steadfast love of the LORD never ceases; His mercies never come to an end; they are new every morning..."

— Lamentations 3:22-23 (ESV)



A New Life Built on Integrity

BRIAN IS 58 YEARS OLD. He works, pays his bills, keeps his commitments, and helps other men heal from the traumas of addiction. He describes his life using a word that hadn't previously been a part of his vocabulary:

"I have integrity today."

That's a big deal because of how Brian lived before. Integrity wasn't a part of his life. In fact, he ran hard in the opposite direction of "integrity."

Brian says he began using drugs as a kid. *"I started smoking pot with my dad when I was a little kid,"* he shared. *"And then I started doing coke around 11 or 12. And I started shooting up at 13."*

For years, drugs shaped what he believed about himself, how he lived, and what he expected from life.

"I was a drug addict. That's all I thought I was ever going to be."

The Moment Brian Saw Something Different

Brian arrived at the Santa Barbara Rescue Mission during the last year of COVID. He came with a plan, but the Mission changed that plan the moment he pulled in.

"When I first got here, I thought I was just going to come up here and sell drugs. And then when I pulled in here, I'm like, 'Oh, this isn't one of those places.' And I knew right then I wasn't getting high again."

Brian went straight into our 12-month Residential Treatment Program. He gave himself a year. He stayed. He did the hard work that leads to real change. He graduated in March 2022, then he moved into our men's sober living, Cornerstone, before moving forward into the next season of life.

Learning a New Way to Live

Brian doesn't describe his transformation as a quick fix. He worked hard to learn the value of connection,

honesty, and daily choices. But it was his faith that made it possible.

"I didn't realize what a spiritual experience was or having a connection with a power greater than myself."

Of course, Brian still feels the normal pressures of life, but he faces them with new tools and a new foundation.

"I still pray every day before I get in my bed. I pray and I know God is my savior. He's the one who has taken me from nothing, literally nothing, to having money in the bank, having sobriety problems, which I can deal with today."

That's the shift your support helps make possible. Brian moved from survival to stability. He moved from chaos to the ability to deal with everyday life without running back to addiction.

A Life That Gives Back

After graduation, Brian built consistency into his life. He built a stable living environment. He built a stable work life. He works as a safety coordinator at a local treatment center, and he shows up for people when they feel beaten down and broken.

"I like being able to help people. Like when they're beat down, broke, in detox. I like to help them heal."



Brian speaking at graduation, 4 years ago.

Brian measures his life change in simple, concrete ways. He remembers what it felt like to have nothing. He also remembers the first steps that helped him keep going, *"It was shoes!"*

"Because I got all my shoes for the first two years I was sober through donations [to the Mission]."

Shoes were a part of the process, but it was continuity of care that gave him his life back.

"I got AA in my heart. I got recovery. I'm not in danger of relapsing or anything."

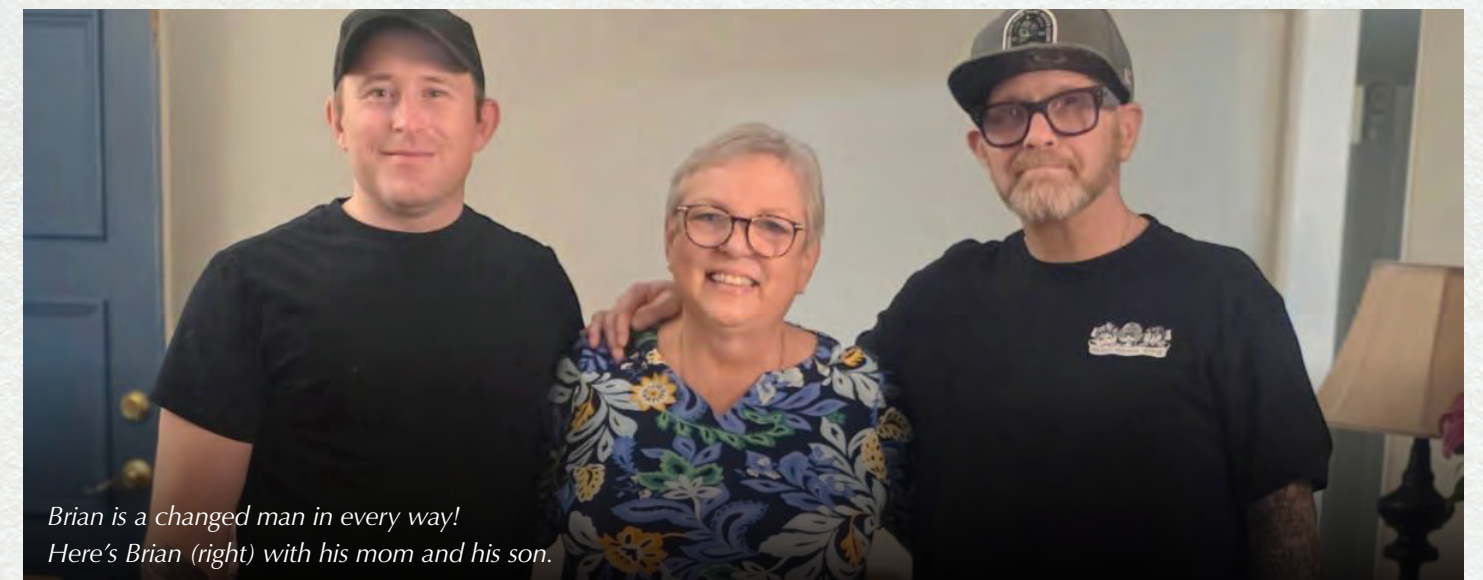
5 Years Sober and a Transformed Life

One of the clearest signs of Brian's transformation shows up in his family relationships, especially with his son. Brian says his 5 years of sobriety changed what he could offer his family.

"We got a really good relationship now that I'm sober."

He explains what happened to the relationship with his son and how it began to heal.

"When I was getting high, I didn't want nothing to do with him because I didn't want to be that bad influence."



Brian is a changed man in every way!
Here's Brian (right) with his mom and his son.

Now, his son sees consistency. He has a father who is a positive influence.

"He just sees that I'm consistent in his life. I'm somebody who he wants to be around."

You Make Change Possible

Brian reached milestones that once felt impossible.

"I've never had a job this long, and I've never been sober this long. Two big things."

Your support helps make milestones like that possible. You help create a place where someone can arrive with nothing but an addiction and find structure, care, and a real path forward. You help meet practical needs, surround people with the right support, and give them the chance to build a new life.

Your gift makes the Mission's continuity of care possible (learn more about it at the top of the next page). That steady path from first help to long-term transformation gives men like Brian the support they need to stay the course and rebuild their lives.



The Power of Continuity of Care

Men and women who struggle with hunger, homelessness, mental illness, alcoholism, and addiction come to the Mission because life has worn them down. Many carry years of hardship. A single meal or a bed for the night can bring relief, but lasting change takes more than patchwork help. People need a steady pathway that keeps building, step by step.

That is why continuity of care matters.

Nationally, even among people who complete treatment, only about one in five maintain recovery for five years or longer. That means most return to their addiction.

At the Mission, our most recent five-year recovery rate is 63%. Rather than most people returning to addiction, nearly two-thirds of our graduates maintain their sobriety over 5 years.

That huge improvement is because of our continuity of care. That begins with hot meals, emergency shelter, case management, and practical support. When someone feels ready to pursue real change, they can move into our connected care dorms where they receive stabilization, safety, and ongoing case management while they prepare for the next right step as space becomes available.

For those choosing recovery, our 12-month Residential Treatment Program offers a faith-centered, 12-step, social model that addresses addiction holistically through relationships with God, others, and self.

After treatment, graduates can apply for sober living: Cornerstone for men and Steppingstone for women. There they have accountability and community to help protect hard-won sobriety.

Steppingstone is Open!

Graduation from Bethel House marks a major milestone, but it doesn't mark the end of the journey. The weeks and months after graduation can feel like a new test. Old patterns still pull. Stress still triggers. A woman needs support as she practices her new way of living in the real world.



That's why Steppingstone, our new women's sober living house, matters.

Steppingstone gives women who complete Bethel House an opportunity to have a safe, structured home where sobriety can flourish. It keeps the strength of community and accountability, while adding healthy

independence. Women can keep building routines, relationships, and responsibility with the right level of freedom for this next season.

Until now, our women often had to search for a sober living house or step straight into total independence after graduation. That gap made the transition more difficult than it needed to be.

Steppingstone changes that. The house is open, and women graduating from Bethel House have the opportunity for a clear next step toward lasting stability. Visit sbrm.org/steppingstone to make a gift.



Join Us For Graduation

Join us as we celebrate the amazing transformations in our next class of graduates. You do not need to RSVP since we have plenty of room. If you join us, you'll leave as inspired and blessed as the graduates.

Saturday, July 18, 5PM
Santa Barbara Community Church
1002 Cieneguitas Road
Santa Barbara

For more information, contact Rebecca at 805-966-1316 or email rweber@sbrm.org



GIVE THE GIFT OF LASTING TRANSFORMATION
Transform a Life Today

Each \$93.15 you give provides one person with a full day of care in the Mission's 12-month Residential Treatment Program. Every \$1 makes a difference.

Short-term help meets an urgent need for a day, but lasting change takes time. It takes consistent care. It takes a safe place to heal. It takes truth, accountability, and a community that points people toward new life in Christ.

That's why the Mission focuses on lasting transformation. Our goal goes far beyond getting someone off the street for a night. We want men and women to break free from addiction, rebuild relationships, learn healthy patterns, and step into a stable future.

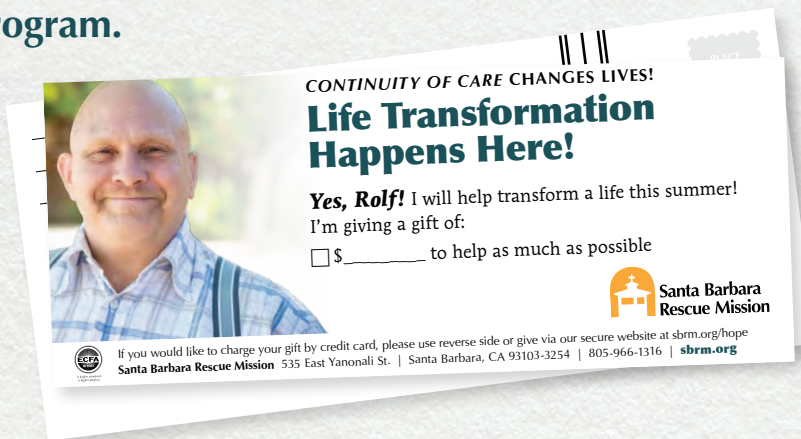
With your support, we make that possible. You provide the care that creates real change, day after day. You help someone move from crisis to stability, from hopelessness to purpose.

And the need remains urgent. Many people are still trapped by addiction and homelessness. For them, it feels like now or never.

Will you give a gift today to help make lasting transformation possible?

Each \$93.15 you give provides a full day of care, including meals, shelter, and support in our proven treatment program.

Our continuity of care means that most people who complete our program maintain their sobriety over 5 years!



You can also give securely online at sbrm.org/hope



SAVE THE DATE:
Islands in the Sun
 Saturday, October 3 | 2 pm

We are excited to invite you to join us for the Santa Barbara Rescue Mission's 25th annual Bayou event, Islands in the Sun!

For information, please contact Rebecca at 805-966-1316 or rweber@sbrm.org or visit sbrm.org/bayou

Milestones

is a publication of



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