



curbside

NEWS FROM PREBLE STREET



This year staff, clients, and community partners traveled to Augusta dozens of times to advocate for programs and policies helping to break the cycle of poverty and exploitation. In April, advocates and people of faith lined the halls of the State House to call for action to respond to the opioid epidemic that killed 418 Mainers in 2017.

Updates from Augusta

A Chorus of Voices for H.O.U.S.E. LD 1711, Resolve, To Save Lives by Establishing a Homeless Opioid Users Service Engagement Pilot Project—H.O.U.S.E.—will provide treatment for substance use disorders and stable housing to support recovery for opioid users who are among the most vulnerable in Maine. The legislature adjourned without moving forward on this initiative.

Standing Up for Mainers of All Ages LD 1892, An Act To Clarify the Prescribing and Dispensing of Naloxone Hydrochloride by Pharmacists allows people under the age of 21 to have access to the life-saving overdose-reversing medication. With overwhelming bipartisan support, the House and Senate overrode the Governor's veto.

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Photo credit: Jeff Scher Photography

Always with love & compassion

By Mark R. Swann, MSPA, Preble Street Executive Director

Excerpt from 2018 commencement speech at Saint Joseph's College of Maine—as part of this year's graduating class Mark was awarded a Doctorate of Public Service.

At Preble Street we believe as human beings it is our responsibility to be there for other human beings. All human beings. And to be there with love and compassion. Always with love and compassion.

It's as pure and simple as that.
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A closer look at the Resource Center

Preble Street runs 14 programs meeting urgent needs, empowering people to move beyond crises, and advocating for solutions to homelessness, hunger, and poverty. One of those vital programs is the **Resource Center**:

- Serves 350 people every day
- Employs 25 full-time and 25 part-time staff
- Meets basic needs including food, clothing, bathrooms, showers, laundry, mail, storage, and day shelter
- Provides assistance with housing and jobs, benefits, and health concerns, as well as supportive counseling and referrals for substance use disorder treatment
- The only place in Portland where a person can walk in and get casework assistance without a diagnosis or insurance
- And so much more...



BASIC NEEDS

DAY SHELTER

Protection from the elements

BATHROOMS

9 toilets

6 private bathrooms

SHOWERS

4 private showers

Towels & hygiene items

CLOTHES

Weather-appropriate clothing as available: socks, underwear, coats, and more

MAIL & PHONES

Mailing address for 500+ people

Access to local and long distance phones

FOOD

Soup Kitchen

3 meals/day every day

300,000 meals/year

Food Pantry

Emergency grocery meals distributed to up to 190 households every week

LAUNDRY

4 machines

138 loads/week

STORAGE

For 150 people

CASEWORK

SERVICES

Housing location

Employment support

Crisis intervention

Family reunification

Financial stability counseling

Supportive counseling

Therapeutic activity groups

BENEFIT ELIGIBILITY

SNAP, MaineCare, social security, Section 8, Shelter+Care, BRAP, etc.

REFERRALS

Health care

Mental health & substance use treatment

Legal assistance

Detox programs

Medication Assisted Treatment

Social services

HIV testing

Blood pressure, nutrition and vital signs

Education

RESOURCE ROOM

Phones and computers available for connecting with housing, MaineCare, employers, doctors, SNAP, family, and more

ON-SITE COMMUNITY PARTNERS

Catholic Charities Maine Assertive Community Treatment / Support & Recovery

City of Portland Oxford Street Shelter

DHHS Adult Protective Services

Family Crisis Services

Frannie Peabody Center

Greater Portland Health (GPH)

GPH SMART Recovery Group

Maine Behavioral Healthcare Assertive Community Treatment

Maine Vocational & Rehab Associates

Opportunity Alliance PATH

Portland Needle Exchange

Portland Police Department

Sexual Assault Response Services of Southern Maine

Shalom House

Spurwink Portland Help Center

University of Southern Maine School of Nursing

Always with love & compassion

(continued from cover)

At Preble Street we provide services, from shelters and soup kitchens to veterans housing, anti-trafficking services, and programs for runaway and homeless youth. We take our work seriously, and follow best social work practices. We track outcomes for our funders, board, and volunteers. We write lengthy reports documenting our activities and results. We make sure our finances are always in order, and our operations are both efficient and effective. We are a professional human service organization.

But—we lead with love, kindness, and compassion. Being a professional organization is not mutually exclusive from being mission driven.

At Preble Street love, kindness, and compassion guide our work, and keep us going. The staff and board of Preble Street lives and breathes it.

And our community does, too. 6,000 volunteers helped us last year—serving meals at one of our soup kitchens, helping at our pantry, sorting clothes, offering legal assistance, or lending their voices to our advocacy efforts.

Thousands of Mainers are part of Preble Street through their actions and their time. They are helping solve the



Local clergy members bathe, pumice, and powder the feet of some of our most vulnerable, underserved neighbors.

tragedies of homelessness, hunger, untreated mental illness, and substance use disorder.

They do it because they are kind, compassionate, and loving.

Kindness is important. Compassion is essential. And love is everything.

It's really as pure and simple as that.



people, that everyone deserves to be treated with dignity and respect, and that work driven by love can actually end homelessness and poverty.

In May we bid farewell to a talented and passionate group of social work interns from the University of Southern Maine, University of Maine, University of New England, and University of Maine at Farmington.

Since its founding by Joe Kreisler, who was chair of the Social Work Department at USM, Preble Street has been committed to providing students with practical experience to augment their classroom learning and has trained over 400 bachelors and masters degree candidates.

In addition to developing skills, experience, and insights, students move forward grounded in the knowledge that there is value in all

Taking on Hunger

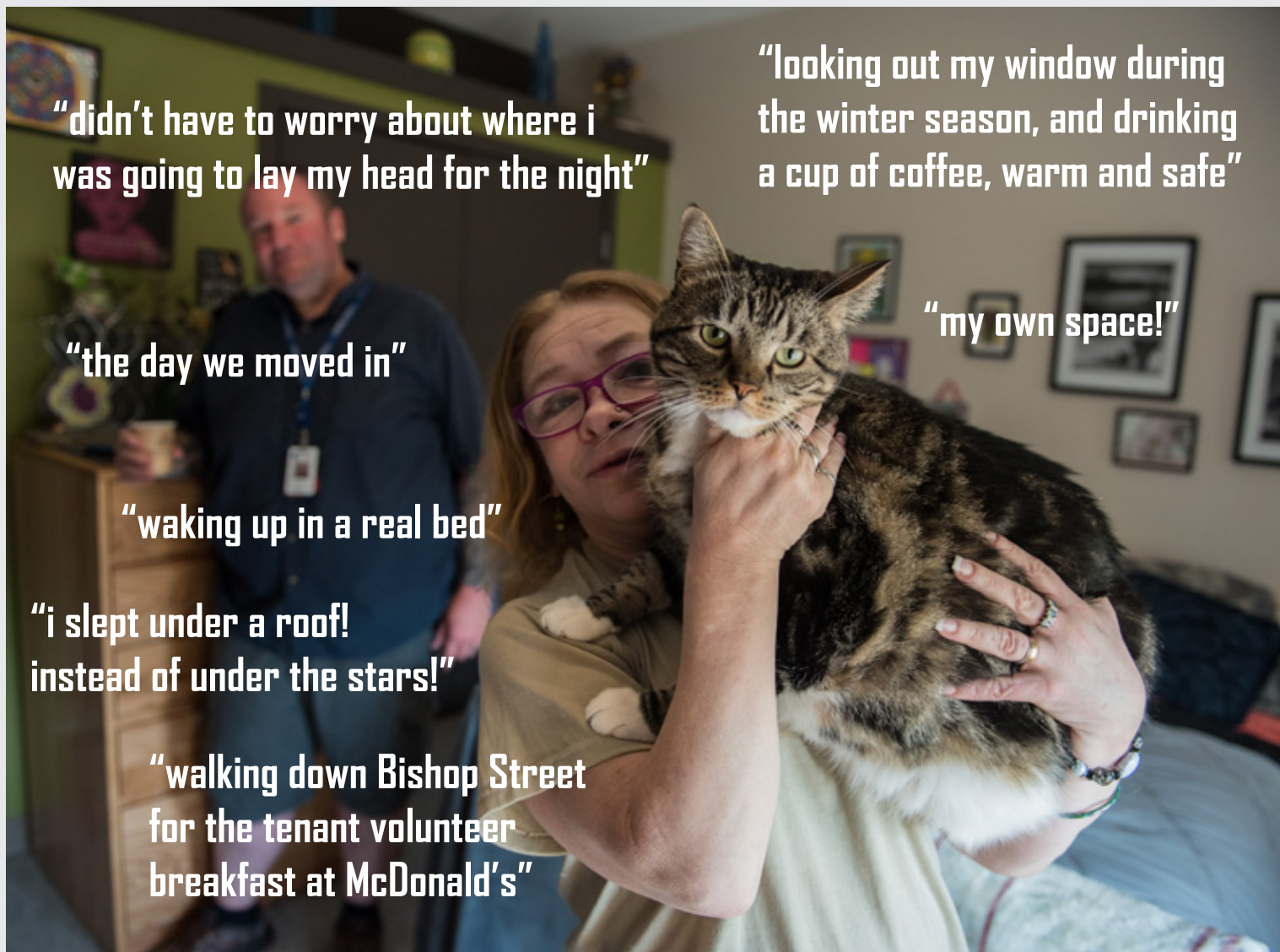
As a result of a partnership with the Preble Street Maine Hunger Initiative (MHI), pediatric primary care practices with Maine Medical Partners now have the ability to screen for food insecurity and refer patients to resources to relieve hunger. MHI is also working with the Maine Community College System to assess hunger on community college campuses and provide recommendations for reducing hunger and strengthening supports for food insecure students.

Home for good

A year after Huston Commons—the third Housing First community developed and operated by Preble Street, Avesta Housing, and Portland Housing Authority—opened its doors, tenants are reflecting on how their lives have changed.

Reconnection to family, decreased substance use, better sleep, cooking their own meals, a door that locks behind them, not carrying everything they own in a backpack everywhere they go, increased self-esteem, and reclaiming their connection to self. A redefinition from “homeless person” to actual human self.

Here are just some of a few memories shared by clients...



Pictured: Dawn holds her cat, Jupiter, during an apartment tour at the grand opening of Huston Commons.

State of Veteran Homelessness in Maine

In January, staff from Preble Street Veterans Housing Services led the state Veteran Homeless Action Committee in a training for over 40 of Maine’s front-line homeless veteran service providers on how to utilize the Veteran Coordinated Entry System, and described the progress made over the past year to end veteran homelessness in Maine. Although much has been accomplished, there’s still important work to be done!

2017 IN REVIEW

278 veterans entered homelessness

192 veterans experiencing homelessness permanently housed

51 veterans experiencing chronic homelessness housed

40 veterans entered non-permanent housing

Board Profile: Joe Spagnola

For me it all began in the kitchen just as it did for Preble Street.

My family moved from Boston to Portland the summer of 2001. At our church a few months later, they were looking for volunteers to serve dinner at Preble Street and our family all went. It was a real eye opener for me, and I quickly realized I wanted to help.

At that time, I was on a bit of a sabbatical and looking for ways to help a few organizations on a full-time basis. I had already made a commitment to the Boys and Girls Club. That was an easy decision as I had at one time been a member. And then I found Preble Street.

So my journey began.



Joe Spagnola, left, receiving the Board Member of the Year Award from Preble Street Executive Director Mark Swann in 2004.

I started coming in five mornings a week. As a newbie, you get the easy job—serving. After two weeks, the head of the kitchen realized I was a regular and he could step up my game with a tougher job: potatoes. From there I started washing dishes, which I loved—fun, busy, wearing a rubber suit. Got to stay on top of it! The time flew. And at last I graduated to running the grill.

After breakfast cleanup on Thursdays, we transformed the dining hall into a small supermarket, providing upwards to a week's supply of groceries to Mainers experiencing poverty

It was awesome. I was hooked and wanted to learn more about the organization.

I asked the staff who was in charge.

He said, "You see that guy over there? The big guy with the beard? His name is Mark Swann. He runs the place."

I went over to Mark and introduced myself. We had a nice conversation and I expressed an interest in joining the board. Mark smiled and I went back to my kitchen duties. I'm sure Mark went back to his office, asked around about me and heard, "we don't know him."

But one morning, Mark introduced me to a board member, Rob Ravenelle, and the three of us had lunch.

"After joining the Board of Preble Street, Joe quickly became very involved in leadership roles, and was an *extraordinary* and *fearless* fundraiser for our first ever capital campaign to build a new Teen Center and Homeless Health Clinic. That willingness to do the hard work of fundraising, and his eagerness to make sure Preble Street succeeds in its mission, has continued through Joe's 16 years on the Board. Joe is a special person, and Preble Street—and I, personally—have been blessed to call him a friend." — *Preble Street Executive Director Mark Swann*

My Preble Street journey really took off.

They asked me which committees I wanted to work on. I told them I was flexible, so they put me on Development and Finance. I quickly learned that Development was where the action was at, and I was all in.

What fun we had, finding and making lifelong friends for Preble Street and raising millions of dollars. It does not get any better than that.

It has been an amazing ride and I loved every minute of it. Preble Street has changed my life and I am so grateful to have been part of such a meaningful and impactful organization.

Preble Street will always be a part of me.

"If you have a safe and stable place to lay your head at night, everything else is possible."

Michael Sauschuck, Chief of Police, Portland Police Dept. testifying in support of H.O.U.S.E.



Updates from Augusta

(continued from cover)

Serving Justice

A Preble Street Anti-Trafficking Services client provided anonymous testimony about her labor trafficking experience and what this legislation would mean to her. ***LD 1740, An Act To Establish the Crimes of Criminal Forced Labor and Aggravated Criminal Forced Labor in the Maine Criminal Code*** is now law.

Volunteer Spotlight

Graham used to bike around Portland with granola bars and energy-packed snacks in his backpack to give to folks he saw along his daily commute asking for food, money, or a helping hand. Thinking this effort wasn't enough, Graham searched for more ways to give back and decided to start volunteering.

Making a weekly commitment to volunteer at the Teen Center he helps prepare lunch every Friday.

Graham experienced homelessness as a teenager with his family, and knows first-hand how difficult and traumatic these experiences can be.

He considers himself lucky to have faced that difficult time in his life with his family close by.

"My mom, my brother, and I were able to keep a roof over our heads, either in a shelter or at a friend's house, but I know not every kid is fortunate enough to have that degree of support. This is why I feel compelled to do something to help. It holds a deeper meaning for me that goes beyond just being active in my community. It's something that I have to do."

When asked what he loves most about volunteering at the Teen Center, he points to his fellow volunteers and the Teen Center Staff. "They are all delightful people who have welcomed me and helped me feel a sense of belonging," he says.



"It's the kids that keep me coming back. I experienced a period of homelessness myself as a teenager, and I feel overwhelming compassion for anyone having to endure the alienation and distress that comes with that, especially during a stage of life that already tends to be difficult even under normal circumstances."

A huge thank you to Graham, and to all our volunteers, who make the work of Preble Street possible!



HOW YOU CAN HELP

WHETHER IT'S A BAG OF GROCERIES, A \$5 BILL, YOUR VOICE, OR A PORTION OF AN ESTATE, YOUR GIFTS ARE VITAL TO OUR WORK.

BY VOLUNTEERING

SOUP KITCHENS: Cook, serve, and clean up at three meals a day.

FOOD PANTRY: Sort and distribute emergency groceries on Thursdays.

RECEIVING CENTER: Sort clothing donations.

WITH IN-KIND DONATIONS

FOOD: Coffee, tea, cereal, juice, cooking oil, rice, pasta, salad dressing, beans, soup, tuna, canned tomatoes, and spaghetti sauce.

CLOTHING: (for men, women, and teens). Year round: New underwear, jeans, boots, sneakers, socks, and hooded sweatshirts. Winter: Jackets, hats, gloves (large and durable), and thermal underwear.

SHELTER ESSENTIALS: Towels, backpacks, duffle bags, and laundry detergent.

PERSONAL HYGIENE PRODUCTS: Deodorant, razors, shaving cream, soap, shampoo, toothpaste, toothbrushes, combs, and sunscreen.

WITH FINANCIAL SUPPORT

CASH, CHECKS, CREDIT CARDS. STOCKS OR SECURITIES.

FUNDRAISERS: Proceeds from concerts, house parties, bottle drives, empty bowl dinners, casual dress days—at your church, school, business, neighborhood.

TRIBUTE GIFTS: Honor a special friend or family member. Sending a tribute card to someone will make your congratulations, love, or sympathy more meaningful. When you make a donation to Preble Street, we can send a card announcing your gift.

BY ADVOCATING

CALL OR WRITE YOUR LEGISLATORS: Ask them to support solutions to homelessness, hunger, and poverty and support for our most vulnerable neighbors.

WRITE A LETTER TO THE EDITOR.

TALK TO FAMILY OR FRIENDS. Help to change the conversation.

PLANNED GIVING

The Legacy Society recognizes our friends who have made Preble Street a central part of their personal philanthropy. These members build a lasting legacy for Preble Street by establishing a life income gift or including our organization in their estate plans.

Your planned gift to Preble Street is an investment in better communities. It will help us lead the way from homelessness, hunger, and poverty to a future of opportunity and hope for all.

Planned gift options can include

- Outright gifts of cash or securities
- Estate gifts by will or trust
- Gifts of IRAs and other retirement plans*
- Gifts of life insurance
- Gifts whereby you retain income or other benefits, such as: charitable gift annuities, lead trusts, and remainder trusts

*** An easy way to use your IRA to support the work of Preble Street is to direct your annual Required Minimum Distribution (RMD).**

To designate your interest in becoming a member of the Legacy Society and making Preble Street a part of your personal legacy or to receive more information, please call the Development Department at **207-775-0026**, or visit **www.preblestreet.org/planned-giving**

For more information visit www.preblestreet.org/you-can-help

curbside

NEWS FROM PREBLE STREET

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT 688
PORTLAND, MAINE

TO:

THE MISSION OF PREBLE STREET IS

TO PROVIDE ACCESSIBLE BARRIER-FREE SERVICES TO EMPOWER PEOPLE EXPERIENCING PROBLEMS WITH HOMELESSNESS, HOUSING, HUNGER, AND POVERTY, AND TO ADVOCATE FOR SOLUTIONS TO THESE PROBLEMS.

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