



MATTERS



Third Street Men's Shelter: An Innovation Hub for Homeless Services

Dear Friends,

In 1967, the Bowery was the epicenter of homelessness in New York City. Project Renewal was founded in response to this crisis, serving as a detox clinic on East Third Street, meeting those who needed help where they were. Coming at a time when arrest and incarceration were society's most common responses, Project Renewal offered a compassionate and supportive alternative for vulnerable New Yorkers.

That same building where we started out has since been named Third Street Men's Shelter. Over the decades, we have developed an array of innovative programs to meet the evolving needs of homeless New Yorkers. Today, Third Street still offers a detox clinic and operates as a shelter, but has added numerous programs, including a primary care health clinic, an outpatient clinic, a Culinary Arts Training Program, a social purpose catering venture, and an art therapy program. In this newsletter, we proudly celebrate the history, programs and people that have made Third Street a beacon for so many in need.

With gratitude,
ERIC ROSENBAUM,
President & CEO

Project Renewal Deputy Director Stephanie Cowles (left) will retire in January 2020, after 44 years of service. Today, she oversees our substance use treatment and workforce development programs—including five programs at Third Street.

Why did you join Project Renewal in 1976?

I was the chief social worker at Beth Israel's substance use disorder treatment programs. I saw how the standard five-day hospital detoxification did nothing to help people break the cycle of addiction—and it was expensive. When I heard that Project Renewal (then Manhattan Bowery) received funding to start an

experimental detox program, I jumped at the opportunity to become the director. The goal was to create a warm, engaging non-medical setting, with a strong support team of people in recovery to demonstrate that many individuals could safely withdraw from alcohol and drugs outside of a hospital. Its success led to New York State establishing crisis centers modeled after our approach.

How has Project Renewal evolved over the decades?

As the homeless population grew and changed, and we were seeing clients with more complex challenges, we needed to offer more programs. We started buying real estate and opening transitional and supportive housing to

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MILESTONES at our Third Street Men's Shelter

1967

Decades before it becomes a men's shelter, we open the city's first voluntary medical detox for "public inebriates" at 8 East 3rd Street.

1968

We launch the **Recovery Center**, the city's first outpatient clinic for homeless adults struggling with addiction.

1976

We add **The Crisis Center**, the nation's first non-medical detox center.



A Mother's Story: NEXT STEP AT THIRD STREET

When we first met Kelli, she couldn't land or keep the kind of job she needed to provide for her young twin daughters. The Brooklyn native had what felt like insurmountable obstacles: she dropped out of high school and spent time cycling through shelters and jobs throughout her adult life.

That all changed when she enrolled in our Next Step Internship Program, which combines classroom learning with paid on-the-job training to prepare formerly homeless and at-risk New Yorkers to work in homeless shelters and related human services career paths.

After completing her course work, Kelli interned at Third Street, addressing clients' needs and providing a welcoming presence for individuals who often feel invisible on the streets.

"Coming in to Third Street every

"There's so much room at Project Renewal to grow."

day for my internship taught me discipline," Kelli says. "It was amazing to be able to help people who struggle with the same challenges I went through."

When a residential aide position opened at Third Street, Kelli was offered the job and accepted. She joined a staff that included six other Next Step Internship Program graduates, all using their new skills—and empathy grounded in their own experiences—to help clients get back on their feet.

"There's so much room at Project Renewal to grow," Kelli says. Her own story proves it. In August, she was offered a case manager position at our In Homes Now program, helping formerly homeless individuals thrive in their own apartments.

"Nothing for me has been easy, but I'm ecstatic about the growth that I've seen in myself," she says.


SUCCESS AT THIRD STREET



 **1,400
ADULTS**

More than 1,400 adults are treated at the Third Street health clinic each year

72% of clients successfully met treatment goals at the Third Street Crisis Center, which provides care for substance use disorder

72% 
**MET TREATMENT
GOALS**

 **73%**
**REDUCED
SUBSTANCE USE**

73% of Third Street Recovery Center clients discontinued or reduced substance use upon discharge

Over 74% of Third Street's Culinary Arts Training Program graduates have been placed in jobs since the program's inception

74% 
PLACED IN JOBS

 **29
GRADUATES**

29 graduates of the Next Step Internship Program, which provides on-the-job homeless services training for unemployed adults, have been hired as shelter staff at Third Street in the last five years

A Veteran's Story: RECOVERY AT THIRD STREET

Andrew's promising career as a sonar technician in the Navy was cut short when he became addicted to crack cocaine at age 25. He lost not only his job, but also friends, financial stability, and the roof over his head.

Now, our Recovery Center at Third Street is helping Andrew get his life back in order.

Founded in 1969, the Recovery Center was the nation's first outpatient clinic for homeless adults struggling with addiction. For Andrew, who is still homeless, it is a welcoming place where he learns to cope with substance use disorder, bipolar disorder, and PTSD.

"The Recovery Center has shown me that wellness can be a million different things—eating right, exercising, listening to music when I need to calm down, even learning to breathe the right way," he notes.

Now drug-free for over three months, he has a steady job delivering food and he has signed up for our Next Step Internship Program to pursue a career in human services. He plans to move into his own place in Queens.

"I'm a very proactive person and Project Renewal helped me be very proactive about recovery," Andrew says.



"The Recovery Center has shown me that wellness can be a million different things."

1991

We open New York City's first privately contracted homeless shelter, adding 200 beds for men with substance use disorders.

1995

Our **Culinary Arts Training Program** launches, preparing formerly homeless and at-risk adults for food service jobs.

1997

We start a social purpose catering enterprise, Comfort Foods (now **City Beet Kitchens**), in the Third Street kitchen.

1998

We take over operation of the primary care health clinic at Third Street.

2000

We convert the sub-basement into a second kitchen, creating an instruction space for our Culinary Arts Training Program and additional room for City Beet Kitchens.

2007

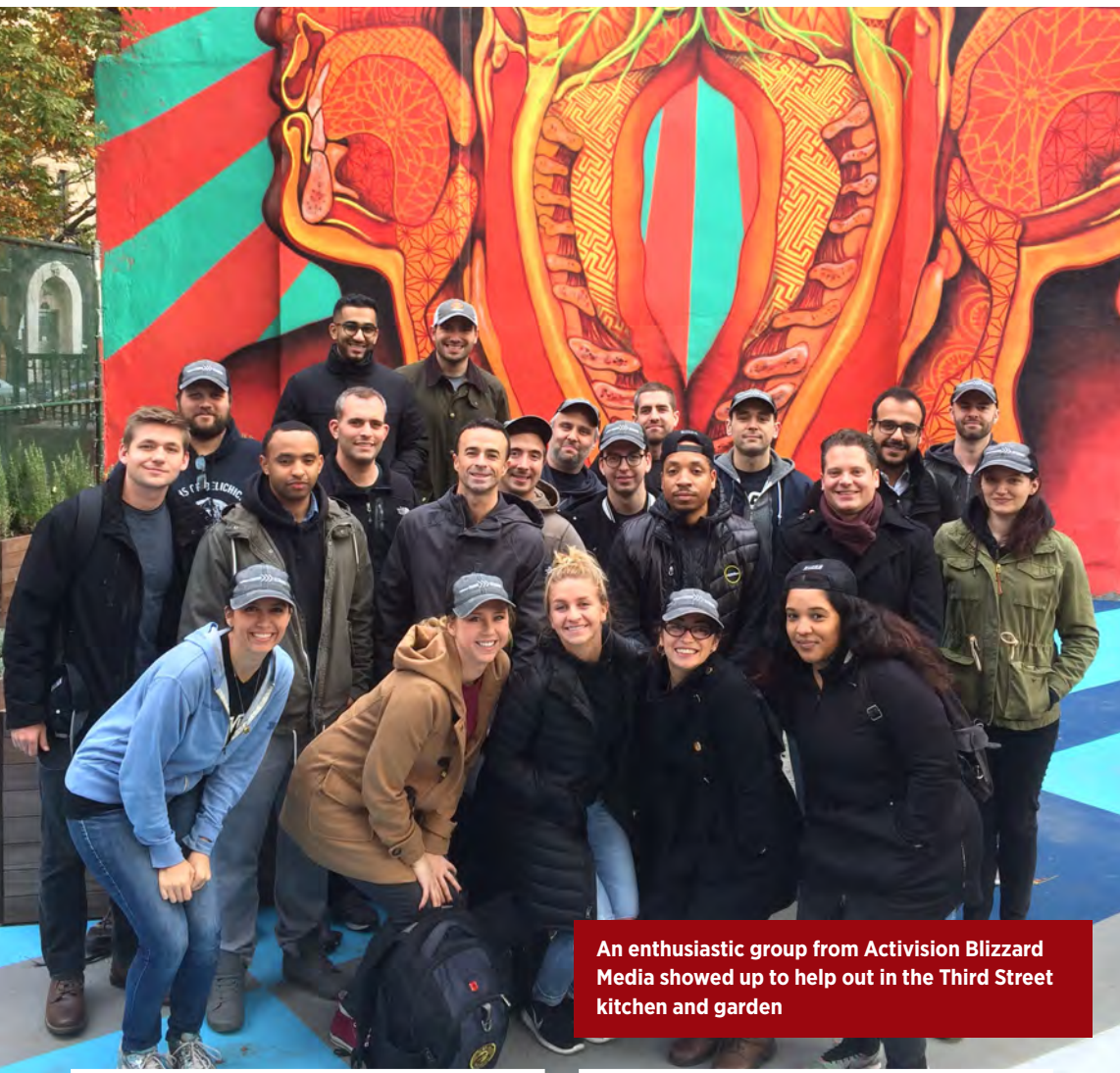
We open the first and only ambulatory, medically supervised detox clinic in the city.

2011

Former board member Pamela Bell and volunteer Shelley Sonenberg launch the **Bowery Arts Project**, an art therapy program to help Third Street residents cope with substance use disorder.

2014

Janie Thomas becomes the first graduate of our **Next Step Internship Program** to work at Third Street. This program trains formerly homeless and at-risk New Yorkers for social service jobs.



An enthusiastic group from Activision Blizzard Media showed up to help out in the Third Street kitchen and garden

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provide clients with services where they live, on an on-going basis. Increasingly, our clients also needed jobs, so we expanded on our pioneering workforce development services with new initiatives, like our Culinary Arts Training Program at Third Street.

That's the story of Project Renewal. As new needs emerged, we developed innovative, replicable and scalable programs to address them – like our shelter-based ambulatory detox unit, mobile medical vans, parole support program, shelter for homeless LGBTQ young adults, and many others.

What makes the Third Street Men's Shelter so unique?

Aside from its history, the number of services all in one building sets Third Street apart. It's really a one-stop shop, with shelter, case management, a primary care clinic, medical and non-medical detoxes, an outpatient recovery program, and a culinary arts training program. We talk about renewing lives with health, homes, and jobs and you really see all three of those elements at Third Street.



Compassionate volunteers from Guardian Life Insurance Company worked on food prep in our Third Street kitchen



Generous corporate teams regularly help out in our Third Street kitchen, including these volunteers from Capital One

2016

We launch the **Pre-Employment Program**, which has helped nearly 200 residents of Third Street and our Kenton Hall Shelter find jobs.

2017

We unveil a new community garden and greenhouse to provide fresh vegetables and herbs for our Culinary Arts Training Program.

2018

We start a gut renovation of the Third Street kitchen to grow City Beet Kitchens' operations.



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