

Summer, 2010

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.  
—Henry David Thoreau

# Finding Strength

## From the Hood to the Sky



**Kelley, Charles, Paul, and instructors before the jump**



**Kelley and diving instructor safely on the ground**



**Charles mid-jump thousands of feet in the air**

Life changing experiences have been described as “a free fall release that break through barriers.” Two CTSI clients along with Executive Director Paul Kuster-mann had that exact life changing experience, jumping from a plane.

Charles and Kelley, clients of CTSI, had their lives changed. This experience was the summit of many changes they have made; Kelley graduated this spring from the Metropolitan State University, and Charles has demonstrated significant lifestyle changes. Their skydiving experience will help empower them to overcome their next set of obstacles.

It was a thrill for Charles, born and raised in Minneapolis, because it was his first time on an

airplane. It helped him put into practice many of the skills he has been learning at CTSI. He states: “It was a great experience because you have to have faith — faith in something you can’t see. You have to have faith your parachute will open and you’ll be safe.”

Kelley, a recent college graduate, says, “I felt (graduating from college) was a break through because I went through so much between leaving school, going back, and getting my diploma.” The skydiving was a graduation gift from CTSI. “I think real strength comes from humility. I’m uplifted, humbled, and empowered by the opportunities that I’ve been able to experience despite some of my past. Past mistakes do not have to determine future opportunities and endeavors. I

thank God and Paul for the blessings.”

Charles and Kelley have both made significant changes in their thinking and lifestyles through hard work and the help of CTSI. They have learned to manage criminal ideations and chemical dependency. Most importantly they have learned to move forward to create a better life for themselves.

The jumps were tandem, meaning they were strapped to Westside Skydiving instructors. The jumps were made at an altitude of 10,000 feet. The instructors helped ensure the safety jumpers.

Charles summarizes saying, “Just being in the air was a beautiful experience.”

## A-Typical Blind Magician Amazes CTSI Clients

The Amazing Jeffo did not fail to amaze CTSI clients with his magic performance. In addition to card tricks and disappearing scarves, he brought the magic of hope.

Through his humor Jeff Smith laughs in the face of disability. He shared his courage with clients. Although it was an overcast day outside, he brought the sunshine in with him.

Jeffo lost his vision at 15 due to rheumatoid arthritis and iritis. He has overcome other obstacles as well, including an alcoholic father.

Inspired by Houdini at an early age, Jeffo followed his dream of becoming a magician despite blindness. Since starting in 1993 Jeffo has done over 3000 performances. He now uses his performances as an opportunity to teach

people about life and help them discover their true purpose.

His impromptu wit and candid manner delighted and inspired clients. They were left feeling empowered to overcome obstacles like chemical dependency and criminal thinking. Clients were also, to put it lightly, amazed. Jeff Smith can be contacted at (651) 457-7300.



**The Amazing Jeffo presenting to CTSI clients**

## A Special Thanks To Volunteer Speakers

Diane Anastas—"Recovery Housing for Re-Entry"  
George Lang—FreedomWorks—"Journey to Recovery"  
Vee Winter—"Halfway Houses for Men"  
Tina Friegal—Nurtured Heart—"The Nurturing Heart"  
Sandra J. Howard—"Journey to Recovery"  
Marshall Jones—"Being an Entrepreneur"  
Joann Molitor—New Wings—"What Women Want"  
Scott Allan—"Legal Implications for Employment"  
Ray Cole—FreedomWorks—"Men and Spirituality"  
Fred Evans—Freemont Clinic—"STDs and Safe Sex"  
Christine Sohm—"Preventative Relapse and Offending"

Tom Thompson—A Fresh Look—"Journey to Recovery"  
Gloria Englund—LifeStyle Options—"Loss of a Son; Hope for Others"  
Terra Carey- Fremont Clinic—"Birth Control Education"  
Megan Close—Sexual Violence Center—"Sexual Violence Education"  
Emily Erickson—Planned Parenthood—"STDs and Safe Sex"  
Liz Rogers—CUHCC—"Mental Health and Co-occurring Disorders"  
Gretchen Switalski—North Hennepin Community College  
Mary and Steve Snyder—"Communication, Alternative to Violence"  
Cheri Booth—MN Dept. of Health—"Hepatitis Education"  
Jude Foster—Sexual Violence Center—"Sexual Violence Education"  
Christine Furlong—MN Dept. of Corrections—"Restorative Justice"

Marvin Burgess—Wilder Foundation—"Employment Skills"  
Gina and Seth Evans—MN Teen Challenge—"Journey to Recovery"  
K.G. Wilson—Hope Ministries—"Hope Against Gang Violence"  
Cy Yusten—Twin Cities RISE!—"Twin Cities RISE! Programs"  
Frank Jewell—Men as Peacemakers—"Preventing Violence Against Women"  
David Hottinger—Hospice Chaplain—"In the Face of Mystery"  
Marty Otto—Dakota County Community College—"Starting Your Own Business"  
Peter A. Taves—Adolfson & Peterson Construction—"Important Work Skills Needed for Success"  
Jim Hale—The Mentor Corps—"Spirituality in the Recovery Male",  
"The Importance of Fathers in Raising Children"  
Luis Brown-Pena—Minnesota Workforce Center—"Role of the Workforce Center in Re-Entry"  
Rosevelt Gaines—Minneapolis Urban League—"Journey to Recovery"  
Linda Froiland—"Improving Your Professional Image"  
Jean Houlding—Stillwater Express Solutions—"Employment for Former Stillwater Residents"  
Betty Liedtke—Life Coach—"Improve Your Speaking Skills, Improve Your Success"  
John Turnipseed—Urban Ventures—"Turning Your Life Around"  
John Schipke—CUHCC—"Mental Health and Co-occurring Disorders"  
Andre Corbett—Goodwill Easter Seals—"Opportunities/Services from Goodwill Easter Seals"  
Fran Regan—MN DEED—"WOTC - A federal Tax Credit for Employers"  
Marcellus Davis—Anoka Ramsey Community College—"Education, the Ticket to Success"  
John Walker—Quality Career Services—"Toward Recovery and Freedom"  
Clyde Bellecourt—Urban Ventures—"Journey to Recovery"  
Mark Haase—The Council on Crime and Justice—"Criminal Records and Expungement"  
Lech Harris—Council on Crime and Justice—"Resources in Community, State"  
Emily Baxter—Council on Crime and Justice—"Criminal Records and Expungement"  
Lawrence Hart—Dakota County Sheriff's Office—"The Importance of Change"  
Jennie Backus—The Sexual Violence Center—"Sexual Violence Education"  
Dawn Allan—"Unleashing Your Unchained Melody", "Business Dining Etiquette",  
"Unleashing Your Unchained Melody"  
Pete Machalek—SagePresence—"Winning Presence for Make-or-Break Moments"

If you would like to volunteer as a speaker for CTSI, please contact Josh Kohman at (612) 588-7530. We are always seeking new educational experiences for our clients. Other volunteer services or donations are always appreciated.



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### CTSI's Values:

- **Respect: For our clients, community, and ourselves.**
- **Integrity: In all we do.**
- **Commitment: To our clients our mission.**
- **Effort: We work hard for our clients — we expect nothing less in return from our clients.**

## CTSI Shares Their 2009 Outcomes

"It's common for an organization to publish an annual report. It's unusual to gather people and deliver the report like the way it's going to be done tonight." stated Frank Schweigert, CTSI board member. 2009 was the first year CTSI had sizable outcomes. To celebrate CTSI invited community stakeholders, alumni, and staff to an outcomes presentation party at Jordan New Life Church.

Frank Schweigert, board member and former board president gave the key-note speech. He set the

tone for the night stating, "This is extremely important work. We have to be dedicated to it, not only as individuals but as a society."

The outcomes presented were based on DAANes and LSI-R data of graduates. They compared client risk ratings at intake to risk ratings at discharge. Paul Kustermann said of the reduced relapse potential, "From high risk to low risk we've seen movement, and it is based upon what a client has done. They've gotten supportively

networked in the community and reconnected with family."

Though pleased with initial results, there is an eye toward expansion. Paul went on to say, "We feel that our work is just beginning and in the year and years ahead we will continue our progress."

As part of the outcomes, three alumni gave testimonials about their change. They humanized the raw data, telling their stories as real life examples of what the numbers say. Horace, an alumni,

had this to say, "(This program) is a second chance at life. I had worked myself to the point on the streets that I couldn't afford a baby-back rib. This program helped me get my real babies and my life back."



Paul Kustermann and Mary Branch presenting outcomes