

## THE CASE FOR COMULATION For Springfield. For Clark County. 2020



## **TABLE OF CONTENTS**

About Nehemiah	2
Note from the Board	3
Triumph through Transition	4
Understanding is the First Step to Healing	6
24 Key Metrics for Springfield	8
Poverty is a Lack	10
The Effect of Poverty in Schools	12
What the Kids in SCC Need	14
Trauma: The Greatest Wound of All	16
Finding Emotional, Physical, Social and Spiritual Resilience Amidst Community Trauma	18
Testing Our Faith	20
Life Begins after Redemption	22
Relationships Matter	24
Getting Real About Race	26
Moving Together as One Body	28

THE CASE FOR COMMUNITY

The biblical figure Nehemiah was instrumental in restoring the city of Jerusalem and rededicating its people to God. In the same way, our hope at The Nehemiah Foundation has been bringing healing and restoration to our city by uniting the Church around strategic ministry initiatives for over 25 years. At The Nehemiah Foundation, we envision Springfield and Clark County as a community where all people would know God's love for them.

Nehemiah provides a network for Christian churches and ministries to amplify their positive impact to build God's kingdom in Springfield and Clark County.

# OUR VALUESFaith · LOVE · RespectCompassion · Unity



With over 25 years of serving Springfield, Ohio, The Nehemiah Foundation has established itself as a neutral convener – praying, equipping, uniting and mobilizing ministries, churches and individuals to work together to amplify their positive impact to build God's kingdom in Springfield and in Clark County.

### THE NEHEMIAH FOUNDATION Uniting the Church...Transforming the Community

## **A NOTE FROM THE BOARD**

The Nehemiah Board would like to thank you for taking the time to read The Case for Community and to think about the issues facing our city and county. It is no surprise that the common concerns in our community are a reflection of what we have seen play out on a large stage in our country over recent months.

As the Old Testament prophet, Nehemiah, found the walls of his city broken and in need of rebuilding centuries ago, we too look out into a community and a world that is ravaged with the effects of a fallen world– broken systems, broken families, broken souls.

Our purpose for this report is two-fold:

 to identify some of the common concerns that are seen in our community, concerns such as poverty, trauma, broken relationships, vulnerable kids, and racial, social and economic disparities. 2. to unite and mobilize the Christian community to come together to address these areas of need.

As The Case for Community report brings to light, the needs are great in Springfield and Clark County. Yet, we have great confidence that in the midst of this brokenness, there is also hope – a hope that is founded in the person of Jesus who came into our brokenness to save us and set us free.

The Nehemiah Foundation exists to bring followers of Jesus together as agents of change to bring hope to the brokenness in our community. We want to help God's people to tear down walls of racial and economic disparity and build a moral and spiritual foundation that will strengthen families and mend broken lives.

### We invite you to join us.



## TRIUMPH THROUGH TRANSITION

### An interview with Wally Martinson, Eli Williams and Jeff Pinkleton

During this volatile time in our community and world, and a time of transition for our own organization, we sat down with some of the founders of Nehemiah who remain spiritual leaders in the community to assess our current state of affairs. They openly shared their hearts for Nehemiah and its work in the community over the last 25 years. The Nehemiah Foundation's most recent Executive Director, Casey Cockerham, was recently called to join a ministry in Florida. His departure has provided the organization an opportunity to re-evaluate the future of our work in Springfield and Clark County.

### What has your role been with The Nehemiah Foundation since its inception in 1996?

Martinson: Founding executive director and ministry partner with Mission Increase

**Williams:** Founding board member and ministry partner with Sonshine Clubs and Urban Light Ministries

Pinkleton: Ministry partner with The Gathering

## The Nehemiah Foundation is at a critical juncture right now. Do you believe there is still a place for an organization like ours?

**Martinson:** What can the body of Christ do that we can't do alone? I've often thought of The Nehemiah Foundation as a neutral convener – a "Spiritual Switzerland." The idea of pulling pastors together is a beginning but not the complete picture. The end game is unity.

**Williams:** Those priorities that the community told us were the top priorities [when we started Nehemiah] remain issues NOW. Either we didn't succeed, or these will be ongoing problems until Christ comes again. If that's true, why would we ever stop addressing them?

**Pinkleton:** Since my last experience with Nehemiah [February Winter Reception] the world has changed.

We need to ask the practical questions. What are the top issues today? Nehemiah may be exactly positioned to turn on a dime and address a current, pressing need.

### What do you see as the top issues in Springfield and Clark County in 2020?

**Martinson:** I think they're still much the same as they were when we did a community-wide survey about 20 years ago: 1) breakdown of the family, 2) moral and spiritual bankruptcy of youth; 3) racial and economic division. They still exist.

**Williams:** In addition, we never addressed the racial separation in the Church much less the community and the world. There is a heart and a desire to see those things, but there hasn't been an organized effort to make it an organized, community movement.

**Pinkleton:** A lot of the issues are too big for any one church in town to address. It will take all of us.

#### What would our community look like to you if Nehemiah is successful in uniting the Church around our common concerns to make a common impact?

**Martinson:** It's a Jesus movement - including everyone speaking into the solution. Jesus has the answer, and we can flesh this out. It's hard for a church or even a number of churches to coalesce to fix that because of the "angle" or the human condition that prevents it because it's difficult. The power of convening without an agenda is huge. Nehemiah doesn't have to have the answer, but it can call the guestion and call it boldly, and then trust the Holy Spirit will work.

Williams: Sunday morning in America would not be the most segregated hour for one. We would do better in all of the ministry that's taking place because we would be able to better mobilize across ethnicities to deal with all the other problems in our community like poverty, health (maternal health, mental health) family, fatherhood, etc. There would be not as much of a disparity economically if we broke down some of the systemic issues in the workforce, in business, education, etc. If we were doing those things in the name of Christ, what a moment it would be!

Pinkleton: There would be more dedicated advocates in our community who are thinking about The Nehemiah Foundation's mission every day. Nehemiah can work on equipping, supporting and organizing events and programs that are too big for any other organization [ministry or church] in town.

#### **Any final words?**

Martinson: Don't feel pressed to have the answer; we can open the question and facilitate the prayer.

Williams: We've been given a moment. Why not use this moment to bring together people around the racial divide issue? There's a stirring, and we need to pay attention to that. The Holy Spirit moves like that. If this is a rallying point, this is a place Nehemiah can address things.

**Pinkleton:** What are the problems that need to be solved with the Body of Christ together?



#### **IN OUR FIRST 25 YEARS, THE NEHEMIAH FOUNDATION HAS:**

- Launched 7 local ministries
- Partnered with more than 40 local churches
- Funded more than 50 local ministries.
- Given \$6.2 million in grants
- Invested more than \$9 million in the community

#### IN THE NEXT 25 YEARS, WE WILL:

- Support and equip existing and new ministries with monetary and in-kind resources
- Connect churches, ministries and the community to address common concerns
- Build prayer networks that support and encourage change leadership
- Create opportunities for Christians from all parts of the community to worship together
- Help our network heal broken relationships
- Mobilize Christians to act during times of crisis







## UNDERSTANDING IS THE FIRST STEP TO HEALING

Springfield and Clark County are experiencing many pains during this volatile time in our world. No one organization has the resources or wherewithal to address them all. But, Nehemiah recognizes that Jesus has the answer for the brokenness all around us, and He has put us in a position to rally Christians together to make a measurable and felt difference.

Members of the Nehemiah Board of Directors recently met to discuss the common concerns in the community. The following list is not exhaustive, but is a representation of all the symptoms of brokenness – broken relationships with Jesus Christ and one another.

Homelessness · Illiteracy · HELPLESSNESS POVERTY MENTALITY/ MULTIGENERATIONAL POVERTY Single parent homes · Broken families · Disabilities Social media challenges · HOPELESSNESS **ENTITLEMENT** · "All about me" · MENTORSHIP WORKING POOR • Vulnerable kids • SUICIDE Spiritual Bankruptcy · Sickness · Hate/division **BROKENNESS OF RELATIONSHIP WITH JESUS** DRUG ADDICTION • Not able to deal with emotions **Overwhelmed foster care system · CHILDHOOD TRAUMA** SELF WORTH/ISOLATION · SHAME · Education Unhealthy lifestyles · Domestic violence · FEAR **EMOTIONAL BROKENNESS** · Mental health Pregnancy · CHILD ABUSE · Racism · Apathy

## LORD, WHAT WILL WE DO?

Nehemiah is positioned to carry out our mission in the community by acting like never before.

We will do this with the following action:

## PRAY | UNIFY EQUIP | MOBILIZE

## **USING DATA TO DRIVE OUR EFFORTS**

Engage Springfield is a partnership between Wittenberg University and the greater Springfield community. It seeks to engage Wittenberg and empower Springfield by making data accessible and understandable. We endeavor to use accurate data to drive measurable, Christ-centered change in our community. Thank you to Wittenberg and the City of Springfield for providing this invaluable tool.

## 24 Key Metrics for Springfield

www.engagespringfield.org

Engage Springfield



\* Data unavailable for Springfield

Child Care Cost			I I	violent Crime	Rate	Pı	operty Crime	Rate	b
	Springfield	38.4%		Springfield	628.8		Springfield	6838.5	
	Clark Co.	29.0%		Clark Co.	341.5		Clark Co.	3619.0	
2010-201	6 Ohio	31.3%	2012-2017	Ohio	297.5	2012-2017	Ohio	2419.1	-
	e of median famil			f violent crimes		Number o	f property crime	s per 100,000	-2
	full-time child car one infant & one			ote: Actual numb l crimes is less th			te: Actual numb crimes is less th		12
Source: Ohi	o Dept. of Jobs and F	amily Services	Source: Fede	ral Bureau of Investi	ation	Source: Feder	ral Bureau of Investig	gation	
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Pr	e-school Enrol	llment	Kir	dergarten Rea	diness	Third G	rade Reading	Proficiency	1
	Springfield	44.6%		Springfield	22.7%		Springfield	43.9%	
	Clark Co.	39.2%		Clark Co.	41.4%		Clark Co.	55.3%	
2012-201	7 Ohio	45.4%	2015-2018	Ohio	41.5%	2016-2018	Ohio	61.0%	1
Percentag enrolled in	e of 3 and 4 year	olds who are		e of students ente ten who demons		0	of third graders uirements to adv		U.
	.1 3011001.			em ready for Kin		fourth grad			199.
Source: U.S.	Census American Co	mmunity Survey	Source: Ohio	Department of Edu	cation	Source: Ohio	Department of Edu	cation	
					2.18	The Martin	The state		
5-3	lear Graduatio	n Rate		Voter Turno	ut	Days	of Good Air	Quality	
	Springfield	79.9%		Springfield	44.8%		Springfield	*	
	Clark Co.	89.1%		Clark Co.	54.0%		Clark Co.	65.8%	
2013-201	Ohio	86.1%	2014-2018	Ohio	55.7%	2013-2018	Ohio	80.7%	24
	e of students who e years of entering			to the 2014 mid creased from 38.			of days with low Declined over th		
	ent Ohio data is 2		and the second se	l and 44.6% in C			about the same a		
Source: Ohi	o Department of Edu	cation	Source: Ohio	Secretary of State	14 B (4 B)	Source: U.S. 1	Environmental Prote	ection Agency	
		an ger	Cont .	Service -	S. Switz				
U	ninsured Popu	lation	In	fant Mortality	Rate	I I	People per Do	ctor	
	Springfield	*		Springfield	*		Springfield	*	
2012-201	Clark Co.	7.2%		Clark Co.	6.2		Clark Co.	2,285	
	Ohio	7.1%	2013-2017	Onio	7.2	2014-2019	Ohio	1304	1
	e of people under ve health insuranc			f infants who die ay for every 100		care physic	f people in an arc ian.	ea per primary	1
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Source: U.S.	Census Small Area H	ealth Insur. Est.	Source: Ohio	Department of Hea	th	Source: Cour	ty Health Rankings a	and Roadmaps	
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# POVERTY IS A LACK

## but not a lack of what you might think.

PASTOR JEREMY HUDSON, FELLOWSHIP SPRINGHILL

As I sit here at my dining room table, riding out day sixteen of Ohio's quarantine through the COVID-19 crisis, it dawns on me just how much harder it would have been to write this article when I was first asked over a month ago. When I consider poverty and some of the common misconceptions surrounding it, I am struck by the fact that we probably have a better understanding now of what poverty truly feels like than we did six weeks ago.

When asked 'what is poverty?' many people might offer a description of circumstance resulting from a lack of material resources. While poverty certainly does manifest itself through these challenges, this would be a limited representation. Steve Corbett and Brian Fikkert (When Helping Hurts) define poverty through the lens of **fractured** relationships rather than a deficit in material resources. Corbett and Fikkert's dedicated work has been increasing the awareness that material poverty is best combated through the reestablishment and reinforcement of a person's relationship with others, with his community, with his own true identity and ultimately with his God. Their research suggests that a redemptive act in these areas is what truly unlocks a person's ability to live life with greater abundance. For the purpose of this article though, let's turn our focus to the area of relationship with others.

Prior to March 2020, this approach to poverty might have been purely academic for many of us. However, in a matter of 24-48 hours we all found ourselves coming to grips with a better understanding of poverty, whether we realized it or not. Our grasp on the nature of poverty expanded overnight, as direction from the government and health authorities limited our exposure and restricted us to our homes. We began to discover that when confronted with a lack in our relationships we suffer from a shortage that many of us have never felt before, or at least never identified.

In the days since this crisis began to reshape our lives, I have had countless conversations with people revolving around how much we have relied on our access to and interaction with others. Without this ability, and with chance encounters going from unexpected blessings to causes for concern—the significance of the benefits from sharing life with one another has never been more clear.

These benefits go far beyond just the interactions—we are aware of our daily dependence on others now more than ever as well. Appreciation for teachers grows every day as parents struggle to adjust to facilitating school from home. Jobs that used to be taken for granted or go unnoticed have been suddenly thrust to the forefront of people's minds as they are thanking truck drivers, grocers and custodians.

But, our current status, both locally and nationally, gives us time to consider the unique and, hopefully, temporary taste of what people who live life in poverty experience on a daily basis. We realize in these moments that it is not merely the lack of material resources that thrust us into a 'fight for survival' but a lack in quality and quantity of personal connections.

In light of our situation, it is clear now that relational connection is not just about social saturation, or the lack thereof. We are realizing just how interconnected our lives are and how heavily we rely on the resources provided within our relational spheres. We look to our connections with others for emotional support and encouragement. We often lean on each other for practical needs like carpooling our kids or fundraising. We share knowledge and experience of all kinds with one another, from who has the best price on house paint to the best rates to refinance a loan.

This is where the lack has been for many members of our community.

The relational lack is not a shortage of people, rather a lack of connection to a network that offers social, professional, emotional, and economic diversity. Many do not have access to others whose life situations are distinct enough to offer perspective, yet provide relational equity to lean into and leverage.

And that lack, at its very core, is the root of poverty.

I believe the Apostle Paul gives us the roadmap for this in 1 Corinthians 12:25-27. Sure, his words were directed at those who were a part of the church community. But, I am convinced that if the Church of Springfield were to be the example of this, all of Springfield would prosper, and might even follow our lead.

"...so that there should be no division in the body, but that its parts show equal concern for each other. If any part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it."

I will leave you with this encouragement. While the outbreak has given us newfound awareness of our need for community, I am encouraged to know that Springfield was already considering this reality and implications even before the crisis entered our city limits.

Before the COVID-19 outbreak hit Ohio, Springfield was dealing with another impending storm. A section of our community was about to become a **food desert** as the only accessible grocery store for many of our neighbors announced its closing. Even though the situation was (and still is) devastating for many of our neighbors,

But here's the kicker–we are all susceptible to the effects of poverty. If the current pandemic has taught me anything, it is just how reliant I am on the relationships I have with those around me. Living life in quarantine has brought each of these relationships front and center, making it painfully clear where I have not invested well, or in some cases, how I have taken them for granted.

There is, however, a better way to walk through this. It is to build a stronger community... together. When we can practice giving of ourselves to be used by God for the betterment of the people

around us, we will see this lack of poverty diminished. Abundance will flow when we are united in our pursuit of repairing both broken systems and relationships in our community. We can come to the authentic awareness of how much we need what others bring or speak into our personal lack. It will change the way we see ourselves and, ultimately, how we relate to God, too. And we will all be better people because of that. it was powerful to see our city rally together by the thousands looking for short and long-term solutions; even individuals who were not directly impacted by the store's closing.

I firmly believe that when we come out of this (because we *will* come out of it), our resolve to combat poverty through building deeper relationships across our community will be stronger than ever... and Springfield will see an abundance like it never has before.



## THE EFFECT OF POVERTY IN SCHOOLS Plus an International Pandemic

#### DR. ROBERT HILL, SPRINGFIELD CITY SCHOOLS SUPERINTENDENT

When I was asked to report about the effect that poverty has on the Springfield City School District, I immediately thought, no problem! It is a topic that I am truly passionate about; a topic that I choose to speak about frequently. Fast forward to the month of March, and who would have ever thought that on April 1, 2020 - when the District is typically preparing to head into spring sports, scholastic achievement recognition ceremonies, and graduation - that we would, instead, be frantically preparing meals, five days at a time, for our Springfield City School District (SCSD) students in the middle of an international health pandemic?

Who would have thought that instead of planning for prom, we sent our students home – some to temporary housing or to a shelter – at a time when some of them needed our dedication, shelter and resources most? Did we teach them enough about survival? Did we prepare them with the socialemotional skills to practice self-care during this crisis? At the time when we were preparing them for the real world, did a new reality take over without our control?

Every district decision is based on our students learning, living and surviving in poverty, while attending school and thriving. As the superintendent, it is a true honor to serve a diverse student body in one district. Balancing the needs of each student, in their own socio-economic situation, their own



traumatic experiences, their own goals and survival strategies, is what we do best. We nurture each student, in the manner that they need, to succeed after graduation, to survive as a first-generation college student, or as the only person in their household that is earning an income from their first internship in a Springfield manufacturing facility. It is an honor to celebrate the future factory associate as much as we celebrate the military enlistee or several of our students preparing to



accept offers to attend Colgate, Brown, Duke, Harvard, Yale or many other prestigious institutions of higher education.

Poverty impacts our State Report Card, our state and federal funding sources and our after-school programming. I speak of these topics often.

But, take all of that and throw in a national health pandemic?

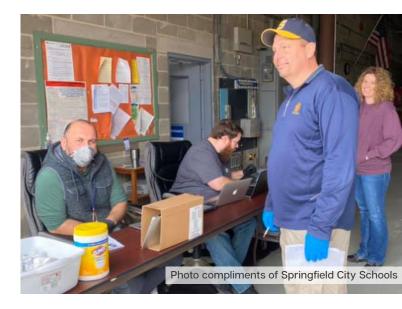
Our senior leadership team, principals, instructional coaches, teachers, maintenance workers, food service staff and many others are working tirelessly planning how to best serve our students during these unprecedented times. Do they have food? Shelter? Their school books and school supplies? How do we distribute computers to students who do not have them at home? We have so many without internet access, causing us to think outside of the box and get creative, realizing that some families have no way to even travel to our schools to pick up free breakfast and lunch. If you couple the lack of transportation with the food deserts that exist in our city, we have a true crisis. Now, throw in social distancing with all of that? Yes, poverty affects the Springfield City School District.

Poverty is a constant barrier in our District, but it is not an excuse. The SCSD treasures our community partners, like The Nehemiah Foundation, and we are deliberate in our requests to support the needs of our students. If students demonstrate enthusiasm, respect and drive, we will walk beside them every step of the way. We will not give up until we know they are gainfully employed, enlisted or enrolled. The SCSD staff instills the importance of being proud and courageous. Our students will find the courage to help their families, neighbors and community members during these unsettling times. They are service-oriented, responsible young men and women.

Our District prepared these students to soar, to shake a strong hand, to look you in the eye, to be proud and courageous. But, we did not teach them social distancing or to face a store with bare shelves. We never practiced virtual and distance learning or how to pick up weekly packets when there is a "Stay at Home" order. Our

students are stronger, more resourceful, and braver, because they have had to be. Many of our students have faced tough times before, but never like this.

As the leader of the Springfield City School District, I know that our students are fearful, but brave. They will face a new level of financial hardship, but will continue to be opportunity-rich. They will learn a new way of life. They will certainly have stories to tell their grandchildren someday. And, as we push to get to the other side of each unsettling time, we join other Ohioans in saying, we are #InThisTogetherWildcats.



## WHAT DO THE KIDS in Springfield City Schools NEED?

BY SARA DIXON AND JAN WILLIAMS

#### THEY NEED WHAT ALL KIDS NEED:

shoes and warm coats • school supplies • stable housing • healthy food safe neighborhoods • loving homes • spaces and places for building social and emotional assets educational support • positive role models and mentors • a caring, connected neighborhood TO KNOW THAT THEY ARE VALUED

What does it look like when the Church comes together around a school to help meet the many needs of our school children?

2013 marks the beginning of a story of God showing one little pocket of our community what a group of hopeful and loving people can do in a hurting world.

It was in that year that Jan and I were given a task. Our task was to develop and implement a plan for family and community engagement for the neighborhood of one of Springfield City School's high poverty elementary schools—a struggling, disconnected community that needed a dose of hope.



Where should we start? How could we make a difference? Would it even be possible to help a fragmented neighborhood become a caring and connected community? The needs were great, and there were many negative voices telling us that things would never change.

And perhaps we were an unlikely pair to do this, as we came from very different backgrounds-me, a farm girl from lowa and Jan, a retired principal from the South Side of Springfield. But even though the two of us came from very different places, we had one thing in common: we knew that the answer to the brokenness in the school's neighborhood would not be fixed by any program. The answer to the problem is a person, the person of Jesus who modeled for us how to love sacrificially and serve humbly. The task was overwhelming, but not without hope.

In His providence, God gave us front rows seats to watch a beautiful unfolding of what He can do when His Church comes together to love and care for the kids and families of a school in need.

Year after year for the past six years, Jesus followers from churches large and small, black and white, rich and poor have come together without fanfare but with a whole lot of grace, energy and commitment to love on the Perrin Woods Elementary School community through the Family Café. The Family Café is a free monthly community meal at Perrin Woods School funded and run entirely by these churches in partnership with local businesses and organizations. Since it began, the Family Café has served over 6,000 meals.

But it is about much more than providing healthy, home cooked meals. The Family Cafe is a gathering place for families and neighbors to come together to connect with and care for one another. It is a place where families, church members and school staff sit and do life together.

The conversation is not necessarily about school stuff, but about life in general, slowing down the pace to show the depth of humanity. Parents meet their child's best friend's family and folks see their church members serving and talking to neighbors. There is no lecturing about how to raise your children or how best to teach your child how to read. It is a place for people to share in the blessing of life and to remind each other that we are present—that we hear and value each other.

In a time when our country is reeling from the brokenness of a fallen world, we share this story because our hearts long for all of Clark County to experience what we were able to catch a glimpse of in the small corner of our city....the hope of the Gospel lived out through people who love Jesus and love others.

So....

What does it look like when the Church comes together around a school to help meet those needs? It is powerful. It looks like family. It looks like hope. IT LOOKS LIKE THE LOVE OF JESUS.



## **CHURCHES** + SCHOOLS IMPACT WORKSHOP SERIES

Learn how your church or ministry can most effectively work with schools to meet the needs of students, families and teachers. These workshops will be part of Nehemiah's new Equip Workshop Series and will be designed to help you make the greatest impact by aligning your gifts with the needs of the educational community.

#### Check out www.forspringfield.com for dates and information

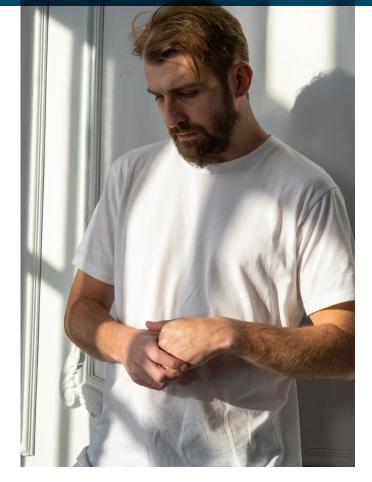


## TRAUMA: THE GREATEST WOUND OF ALL

#### BY BARB DOTSON, PCC-S CITILOOKOUT

Trauma, at its very core, is a wound that affects the whole person for an extended period of time. It results from a very harmful or life-threatening event or set of circumstances. Trauma can be experienced as a result of a serious car accident, an assault, or physical, sexual or emotional abuse. It develops after natural disasters, mass shootings, war or any catastrophic event in someone's life. It can happen to anyone at any time. No one is immune to it.

Post-Traumatic Stress Disorder (PTSD) can develop after experiencing trauma that continues to have lasting effects on one's functioning and mental, physical, social, emotional and/or spiritual wellbeing. The fear that is experienced during a traumatic event triggers split-second changes in the body to respond to danger. This is called the "fight, flight or freeze" response that occurs in the brain and is meant to protect a person from harm. We often think to ourselves that "if I had been in that situation, I would have responded differently." However, our brain dictates how we respond in fear and it is rarely how we think we would respond when we are in our thinking or rational brain. Survivors of abuse often struggle with memories of how they froze and were not able to fight. People diagnosed with PTSD continue to experience feeling stressed or frightened even when they are no longer in danger. They may experience flashbacks (feeling like you are still in the moment), bad dreams or nightmares, triggers (things that remind them of the trauma - sounds, smells, words, touch, sight or even taste), loss of interest in enjoyable activities, negative thoughts or other symptoms that cause disruption in their daily lives. As a result of their PTSD symptoms, they often struggle with depression and anxiety and/or relationship issues.



The U.S. Center for Disease Control and Prevention (CDC) partnered with Kaiser, a major healthcare organization, and conducted one of their largest studies on adverse childhood experiences and health and well-being later in life. The ACE Study (Adverse Childhood Experiences) has found that survivors of childhood trauma have a much greater risk of attempted suicides, eating disorders, addiction issues, chronic disease mental illness, and being a victim of violence again. The study measures ten types of childhood traumas including experiencing emotional, physical or sexual abuse or neglect, and/or having challenges in the household such as addictions, divorce, mental illness, and/or incarceration of a family member. According to the CDC, research shows that parents facing financial hardship are more likely to experience stress, depression, and conflict in their relationships and family, all of which compromise parenting and increase the risk for violence and other ACEs. These parents often have fewer resources to invest in their children and face difficult choices when trying to balance work and family responsibilities. Approximately one out of every four residents in Springfield lives in poverty. According to the 2018 Census Bureau, the poverty rate in Springfield was determined to be 24.3% compared to Ohio's rate of 14.9%, meaning that Springfield has a dramatically higher than average percentage of residents below the poverty line when compared to the rest of Ohio. This means that our community struggles with higher risks of trauma and there is a significant need for resources to help these children.

The good news is that people are resilient or can be coached in resiliency skills. Creating and sustaining safe, stable nurturing relationships and environments for children and families can help. Teaching families and children healthy skills related to communication, problem solving, alcohol and drug resistance, conflict management, empathy, coping skills, and emotional awareness/regulation can help them avoid some of the devastating effects of childhood adversity.

Trauma-Informed Care (TIC) is the newest terminology for the treatment of ACE and all traumas. It is the adoption of principles and practices that promote a culture of safety, empowerment, compassion and healing. It is a paradigm shift from asking, "What is wrong with this person?" to "What has happened to this person?" It is a crucial change in our conversation and understanding of trauma.

The University of Buffalo Center for Social Research shares that TIC has five guiding principles that serve as a framework for those who are working in any kind of helping setting. These include safety, choice, collaboration, trustworthiness and empowerment. Ensuring that the physical and emotional safety of an individual is attended to is the first step. Trustworthiness can be established by maintaining consistency, clarity, and boundaries in the serving relationship. Allowing an individual choice gives them control over their experience through a collaborative effort and it is more likely that they will participate in services provided. Focusing on an individual's strengths is empowering and helping them build on those strengths while developing stronger coping skills provides a healthy foundation for them.

On an individual basis, if you know someone that is suffering from a trauma, encourage them to seek treatment from a psychologist, therapist or doctor. Offer emotional support, understanding, patience and encouragement. Listen to them carefully. Pay attention to their feelings and the situations that may trigger PTSD symptoms. Remind them that they can get better with time and treatment. If needed, call the Suicide Prevention line at 800-273-8255. Validate their feelings of despair but help them to find light in the midst of their darkness. Hope creates life and fosters healing.

In our community we have many organizations and resources that use the principles of trauma-informed care. We have after-school programs, mentoring programs, early childhood intervention programs, family and fatherhood programs, counseling centers and a Trauma Recovery Center, to name a few. These programs reach out to those who have been victimized or have grown up in an environment of trauma. Our community can help individuals and families affected by trauma by promoting and supporting these organizations financially and with volunteers. Many of these are non-profit ministries listed on the Nehemiah website at nehemiahfoundation.org.

> FIVE GUIDING PRINCIPLES OF TRAUMA INFORMED CARE Safety

Empowerment Choice Collaboration Trustworthiness

## FINDING EMOTIONAL, PHYSICAL, SOCIAL AND SPIRITUAL RESILIENCE AMIDST COMMUNITY TRAUMA

#### BY GRETA MAYER, EDD, LPC CEO, MENTAL HEALTH RECOVERY BOARD OF CLARK, GREENE & MADISON COUNTIES

Even before the recent pandemic and nationwide cry for racial justice, Springfield was heavily impacted by significant economic and interpersonal traumatic experiences. Well-hidden and overt violence against children and adults affects all segments of the community. However, the impact of trauma is more pervasive among vulnerable populations such as those facing lower economic status, higher rates of community violence and greater health disparities. That means more help is needed to prevent trauma from happening in the first place and to build resilience, the process of adapting well in the face of adversity.

and suicide. Despite that, this is a community that recognizes and invests in addressing the underlying and untreated mental illness and addiction leading to those negative outcomes. The need for collaboration and innovation to increase



prevention and treatment pathways is necessary to meet the emotional, physical, social and spiritual needs for everybody and every family.

Many sectors of the community are working to provide healing and hope for those dealing with these diseases either directly or indirectly. There are private businesses,

> government agencies, non-profits, churches and families with both the heart and expertise to address various aspects of mental health every day.

Threats to personal safety during times of social unrest and the unexpected development of COVID-19, tests every member of the community which can lead to anxiety, depression or substance use. Those stresses may also trigger past trauma and overwhelm usual coping mechanisms. In addition to challenging our collective faith communities, these events have tested us wholly as individuals and families: emotionally, physically, socially and certainly spiritually. For many of us, it's difficult to find a sense of peace and purpose under ordinary circumstances, much less during protests for racial equality and a pandemic.

Alcohol and drug problems are rampant in our community in ordinary times, and have been exacerbated by fear, isolation, unemployment and loneliness. Increasing use of alcohol and drugs are attempts at masking pain or eliminating stress, but doing so depletes the mind, body and spirit of the



And, when trauma that has already occurred is uncovered, a need to respond in a healing manner becomes more urgent. In Springfield, we see far too many of the devastating outcomes that prevention education and treatment strategies aim to curb, such as overdose resources necessary to navigate stressful times. Substance misuse may become chronic use, which interferes with healthy connections and coping. These contribute to overdose and suicide risk as well as the deterioration in physical health and mental functioning. The disease of addiction also has adverse effects on the individual's immediate family, friends, and community. The individual and collateral pain and trauma affects generations of families and communities.

Suicide has increased among both young and old, wealthy and poor, black and white – hurting those considering the measure and those they leave behind. The aftereffects of suicide and overdose impact families, friends and communities by creating additional layers of trauma. These issues can be particularly challenging for faith communities as the interpretation of scripture and openness to the professional helping community concerning mental illness and addiction can vary widely.

Throughout history, faith leaders have created gathering places of hope and healing among their community of believers. Service ministry and church worship provide spiritual nourishment, solidarity in purpose, and meaningful connection with one another, which increase resilience. Individual and widespread adversity challenge these natural faith communities to carry out their ministries in nontraditional ways.

While some lean more heavily on their faith as a refuge or source of comfort during tragedy, for others, times of trial and overwhelming stress may feel like a test and burden too great to bear. Both reactions are normal responses to trauma. If people lose their ability to care for themselves or others, feel hopeless and lack a reason for living, professional help is needed.

All aspects of our health–emotional, physical, social, and spiritual–need to be nurtured to grow new and deeper roots to keep us flexible and resilient now and in the future.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James 1:2-4



## HOW FAITH LEADERS CAN HELP PROVIDE SOLACE

Faith leaders know more than anyone the crucial role they play in the lives of believers: celebrating their joys, consoling their sorrows, offering forgiveness and providing spiritual guidance and meaning.

During this time, faith leaders may be so focused on ministering to the rising needs of their church families and greater community, that their own sense of purpose and resources may become depleted. Our faith leaders need peer and professional support to strengthen their own emotional, physical, social and spiritual growth. Organizations like The Nehemiah Foundation stand ready to provide links to resources, connect faith leaders and communities together to focus on common goals, and create a network of safe refuge and social support during this time.

You may find yourself challenged to minister to those with existing mental health concerns—and for those who are experiencing increased distress. It's more important now than ever that our leaders are equipped with the resiliency tools they need to recognize signs of distress in congregants—especially those signs that may be life threatening. Knowing the warning signs of suicide—and how to respond—ahead of time can be crucial.

## **TESTING OUR FAITH FINDING GOOD IN THE MIDST OF GRIEF**

BY DON & AUDREY MCKANNA

Early in the morning on Wednesday, May 25, 2011, our older son Chad called and our lives changed forever. He told us his brother, Joel, was upstairs dead in bed. Joel's suicide rocked our lives and challenged us in so many ways. Like many who commit suicide, Joel was very gifted. He played several musical instruments, mostly self-taught, and graduated salutatorian of his senior class. Still he struggled in many areas of his life. He was separated from his wife, the mother of his three daughters. Joel had a difficult time in a stressful marketing job partly due to a sometimes less than fully integrous approach he was expected to take with clients. But in the end, he failed to navigate these and other tough areas.

His death tested our faith, zapped us physically and tore deeply at our emotions. Yet slowly, but certainly not steadily, we began to heal. Good moments started to spring up in the midst of our terrible sadness. Our faith, family and friends were key to this improvement. We chose to focus on the hope of the Gospel to sustain us each day. Practically, we found everyday life worked best if we tried small goals, just



taking the next step, and not stuffing our grief or avoiding the waves of emotion.



Instead, we learned to lean into the times of agony and find the right friends to come along side and share the journey. Pouring into the lives of our granddaughters has been a major way of making Joel's life count, reminding them always of the things he loved and his great love for them.

Nine years later it is true that times of sadness still happen, but the joy of our life in Christ far surpasses the occasional pain. We now can look back at so many treasured memories and even better, look forward with joyful expectation to a grand reunion. It is appalling that the most segregated hour of Christian America is eleven o'clock on Sunday morning."

- Rev. Martin Luther King, Jr.

## NON-DENOMINATIONAL, CROSS-CULTURAL COMMUNITY BORSHIP SERVICE

PRESENTED BY THE NEHEMIAH FOUNDATION

TO JOIN AS ONE BODY OF CHRIST IN CLARK COUNTY

### **AUGUST 30, 2020** 4-5:30 P.M.

WORSHIP SERVICE, MUSIC AND INTERCESSION FOR THE CHURCH AND NATION

We're planning a fresh style of worship in a safe, neutral place to come together for praise. Plan to sing, pray and praise together during this time.

### OUTDOORS AT Riversong Church

3660 Springfield Jamestown Rd. (State Route 72 just south of I-70) Springfield, OH 45502

The service will be held in an outside shelter house for purposes of social distancing. Masks are also encouraged. Bring your own lawn chairs or use our folding chairs.

### MARK YOUR CALENDAR FOR SUNDAY, NOVEMBER 29, 2020 FOR THE NEXT 5TH SUNDAY EVENT

## LIFE BEGINS AFTER REDEMPTION

### SPRINGFIELD ENTREPENEUR RECOUNTS PATH TO RECOVERY AND BEYOND BY ERIC MATA

It's very easy to look at what we see on the outside of a person and assume that they haven't struggled or faced similar challenges as we may have in our life. Often, we think that our experience is unique and that no one could ever understand what we have been through. Although we are unique and our experience is part of our truth, a traumatic experience can be something that resurfaces many times throughout our lifetime; and needs to be addressed appropriately. winning a spelling bee as a kid and having my picture in the newspaper. My family was proud of me, and I was proud of them.

I grew up with two younger sisters and my mom and dad. My parents both had good jobs, we took vacations every year, and valued spending time together. I had everything I wanted in life and felt safe at home and with my family. I look back and reflect on these times in my life and I am very grateful to have had these good times with my family, because the next phase of my life was completely different.

When I was in middle school my parents started using

drugs. I didn't know what was going on during that time, but I remember seeing my parents stay up all night and fight and argue. They missed a lot of work and slowly over time stopped being parents. They became addicted to drugs. They lost their jobs. They wrecked their cars and eventually lost everything they had spent over 15 years building together. This is when my traumatic experience began.

I have always been very adaptable to any environment I find myself in, and that may be why I adjusted so well as a teenager to this new way of life with no role models or authority figures to look up to. I began skipping school, using drugs and hanging around other kids who were doing the same things I was doing. I found a sense of belonging with these kids. We had at least two things in common: we liked to party, and we could

get away with anything because our parents let us do whatever we wanted.

My friends and I used drugs together and I can say I remember having some fun times as a teenager, and I just assumed that one day I would be normal like everyone else and get a job and start a family. I never planned to become a drug addict and risk my



Growing up, I had a great childhood. I played sports and was one of the best on my team. I wasn't the best, but I was good enough to play on traveling teams and enjoyed being a part of a team and working hard. I was smart in school and always had good grades. I can remember life every day, but that's what happened. We all have heard that marijuana is the "gateway" drug and part of me believes that, but all I know is that I was willing to use any substance I could get my hands on. I admit I've tried everything, but in the end of my drug addiction I was intravenously using heroin and meth on a daily basis and I couldn't stop to save my life. I overdosed and nearly died and have been to jail a few different times. My story is probably similar to the addict you know, or the person you used to know before the drugs took their life over.

Thankfully, my story doesn't end there ...

I could spend the next two hours writing about all the horrible things that happened while I was using drugs, but I want to take this opportunity to share with you how the community we live in saved my life.

I had the opportunity to go to inpatient drug treatment three different times, and the last time I walked into treatment was on February 23, 2010 and by the Grace of God I have been clean and sober since. Of course, I tried to quit using many times before that, but that was the date God stepped into my life and blessed me with a second chance. McKinley Hall saved my life. If you're not aware, McKinley Hall, is a local drug and alcohol treatment facility in Springfield and has served our community for many years. Most people would say that the story ends there, but for me that is where my life began. For the first time in many years I began to feel hope in my life. Of course, I had criminal record, no education and no work experience, so I struggled early on to get a job and move forward in life, but I did the best I could.

I used every resource in our community from food assistance, Medicaid, DJFS and employment services to get a job, and housing resources to have a safe place to live, and all of those resources played a role in my life. I learned how to set goals and put in the work to accomplish my goals and finally get ahead in life. Fast forward to today, over ten years later, I have earned my GED, two college degrees, got married and started a family, opened two businesses, and helped hundreds of others struggling with addiction to find their path to recovery. God has blessed me with mentors and peers that have helped me grow spiritually, professionally and most importantly in my walk with Christ. I am blessed to be alive and have the opportunity to share my story with you. I have overcome the traumatic experiences in my life, and I believe anyone can who truly wants to change their life and has the opportunity to do so. If you know someone who is struggling with addiction, please help them find the treatment they need. Any addict can stop using drugs and learn to become a responsible member of society.



## RELATIONSHIPS MATTER

#### BY LAVERN NISSLEY, ENCOMPASS CONNECTION CENTER

My dad is 86 years old, and I often remember hearing him say: "As it goes in the home, so it goes in the nation." I'm not sure where he acquired this maxim, but there is much truth in it.

As the most basic unit of society, the family and its health is an accurate predictor of what a community or city will become. So, in reflecting upon the state of relationships in Springfield, I believe it useful to focus upon the most basic of societal units, the family, by asking three questions.

#### Q1. What is the relationship health of families?

Much could be shared that is positive and worthy of celebration on relationships in Springfield. Certainly, there are pockets of healthy collaboration in many sectors. But at the cellular level of families, there is much room for growth and increased relationship literacy.

In February 2020, we at Encompass Connection Center invited recipients to respond to this statement in a blog post: "My parents demonstrated for me a healthy model of marriage to emulate." Five possible responses were available to select: Strongly agree, Agree, Undecided, Disagree, Strongly disagree.

Out of 44 responses 73.7% were negative (Disagree or Strongly disagree). These results are quite typical of responses we have received when asking this question over the past 15 years to clients who seek our help with relationships.

The examples given by respondents to explain their responses are heartbreaking.

"My mother berated my father to the point that he had no self worth. He was not able to work due to a chronic debilitating disease, and she never let him forget that she was the breadwinner."

"Grew up without my father being in the house most of the time, but when he was there he was very abusive (physically and verbally) to my mother and us children."

"Both of my parents are on their 4th marriage. I remember coming home as child and plants being all over the wall where they had thrown them in a fight."



"My dad lied and cheated a lot. They argued frequently (lots of shouting in front of me), and my dad left abruptly when I was 13 for another woman."

"Conflict was handled in very unhealthy ways through yelling, door slamming, withdrawal, etc."

"Dad was dominant, didn't encourage mom to grow as a person."

Pretty sad and depressing, is it not? What kind of an imprint must these kinds of childhood experiences leave upon innocent observers?

### **Q2.** How does social science research correlate behavior cause and effect?

The CDC's Adverse Childhood Experiences Study (ACE Study) from 1985 shows a stunning link between childhood trauma and the chronic diseases people develop as adults, as well as social and emotional problems. This includes heart disease, lung cancer, diabetes and many autoimmune diseases, as well as depression, violence, being a victim of violence, and suicide–all of which are significant in Springfield.

One's answers to the 10 questions in the ACE Study quickly determines physical and psychological risk factors, explaining the profound influence of how we experienced the first eighteen years of our lives (from https:// acestoohigh.com/). Here are 5 of the 10 questions:

**1.** Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?

**2.** Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?



**3.** Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal or vaginal intercourse with you?

**4.** Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other or support each other?

**5.** Were your parents ever separated or divorced?

What would the average score of a Springfield city resident look like? We don't know that. But, 8 of the 10 questions are clearly in the realm of unhealthy relationship behaviors.

We also know that Springfield's poverty rate is 25.6%, or 1 in about every 4 people. That is considerably higher than Ohio's state poverty rate of 14.9% (from https://www. welfareinfo.org/poverty-rate/ohio/springfield).

Poverty has many shades and origins, requiring both compassion and service to those in its grip. Social research has found that poverty correlates with divorce and unmarried childbearing for both children and mothers, and cohabitation is less likely to alleviate poverty than is marriage (from the landmark statement by the Center of Marriage and Families at the Institute of American Values entitled Why Marriage Matters, Third Edition: 30 Conclusions from the Social Sciences, 2011). Children growing up in single parent households are 5 to 6 times as likely to live in poverty.

### **Q3.** How can relationships be strengthened to increase the overall health of Springfield?

Springfield needs many, many positive examples of healthy relationships. Ones that inspire a change of direction and destination away from the outcomes referenced in the ACE study. Such models for healthy interaction exist among the many ministries supported by Nehemiah. Countless testimonials reference the powerful impact of a caring person who came alongside to show a different way of acting and reacting.

Springfield needs many, many opportunities for learning practical relationship skills. Numerous classes and workshops are being offered to decrease relationship illiteracy. We at Encompass Connection Center are only one of many organizations offering simple tools for improving communication and conflict resolution.

Finally, Springfield needs many, many supernatural touches from God. Humans usually need an ultimate solution only found in a personal, loving relationship with their Heavenly Father. His two greatest commandments are to 1) love Him with everything we've got, and 2) love the people around us like we do ourselves.



# GETTING REAL ABOUT RACE

We asked two local Christian leaders about their thoughts on the state of race relations in Springfield and Clark County and how the community can come together to help address problems and reconcile them. Carl Ruby is the senior pastor at Central Christian Church and the Executive Director of Welcome Springfield. Denise Williams is President of the Springfield chapter of the NAACP where she advocates for "One Community."

How do you feel the Springfield and Clark County residents have responded to the prominent issue of racial disparity and civil rights in light of recent events, including the deaths of Ahmaud Arbery and George Floyd?

**Ruby:** I have been proud of how Springfield has responded. I feel like our civic leaders are being proactive, our police seem genuinely concerned, and



our faith community seems united. I think there is a general awareness that this is a pivotal moment for us. I'm proud of how our city responded.

**Williams:** For the most part this incident has brought us closer. It has forced the need for conversations to be had on race relations. This situation I believe has also brought awareness to most in our community, which is a great thing.

#### In what ways have you seen or experienced an awakening around civil rights in the last few months in our community?

**Ruby:** The protest/prayer marches have been very positive. Two different faith groups (Simunye and Becoming Beloved Community) have taken steps to become more proactive about racial reconciliation.

**Williams:** Our office has seen an increase in calls from the community who are interested in joining the NAACP. Also related calls offering prayers and appreciation for what we do.

#### In what ways does our community need to challenge itself to respond better to issues around race and prejudice?

**Ruby:** I think we need to take better care of the South side. I'd love to see some type of Youth center on that end of town. Next year 2021 will mark the 100 year anniversary of the last race riot in Springfield, and I think we should recognize that milestone somehow.

**Williams:** The community needs to join us in our works in making this "One Community". We cannot continue to be divided. We must come together and respect one another's views and values. We must speak up when you see wrong doings. "WHEN YOU

SEE SOMETHING SAY SOMETHING." We must stop judging one another because of the color of our skin.

#### What could Christian leaders in our community do to help overcome racial and socio-economic disparities?

**Ruby:** I think it boils down to relationships and resources. We need to create spaces where cross cultural relationships can be formed and churches that have greater resources and more access to power need to become advocates for the segments of our population that are uniquely vulnerable.

**Williams:** What is needed at this moment in time, is continued prayer for our city, for our people, and for our Nation. We have been fighting this fight for far too long.

#### If you could tell Christians one thing that might enlighten them about the current state of race relations, what would it be?

**Ruby:** Many think that all racial barriers were removed during the civil rights movement and they don't understand the many aspects of our society that continue to put people of color at a disadvantage.



Williams: My bible tells me that God created heaven and earth for us all regardless of how different we are. He made us different on purpose to love each other. As Christians we cannot continue to disappoint God in this way! As Christians how can we love God without loving each other? How can we be Christians and carry so much hate in our hearts for our brothers and sisters? (Just stop!)



## MOVING TOGETHER AS ONE BODY

But God has put together all the parts of the body. And he has given more honor to the parts that didn't have any. In that way, the parts of the body will not take sides. All of them will take care of one another. If one part suffers, every part suffers with it. If one part is honored, every part shares in its joy.

### You are the body of Christ. Each one of you is a part of it.

~ Corinthians 12: 24-27

If you are the member of a church family, you have probably heard this passage and applied it to your role in the church. But, take a moment to consider The Church as a body that performs most gracefully and impactfully with the help of all the eyes, ears, hands, talents and treasures of each and every believer in our community.

The needs are many, and the days are short. But, together we can come together as the Body of Christ in Springfield and Clark County and allow the head to perform miracles right here through us.

The Nehemiah Foundation will continue to serve as a conduit to make this happen in 2020-2021 through the following efforts. Connect with us through our website, email, social media, prayer groups, and worship events to be involved and stay connected.



## PRAY

UNIFY

# Monthly Ministry Prayer GroupAlways AvailableLeadership Prayer GroupAlways AvailableBusiness Leaders Prayer GroupAlways AvailableOrganized Prayer Vigils and WalksAlways Available

5th Sunday Community Worship Series	. August 30 & November 29, 2020
Advisory Board (open to all)	. October 27, 2020
Pastor's Roundtable	. Ongoing
Leadership Breakfast	November 19, 2020
Pulpit Exchange Program	Beginning in 2021
Community & Family Event at the Springfield Arts Festival	. June 2021

Community Champions	Beginning in 2021
Mini-Grant Program	To be released by November 2020
Community Needs Assessment Survey	April 25, 2020
Advocacy Training	Available Now
Faith-Based Community Calendar	Available Now
Strategic Partnerships	Available Now
Connection Points for ministries, churches and individuals – social media, website, ForSpringfield.com	Available Now

# EQUIP

# MOBILIZE

Supporting ministries with projects & community response	Available Now
Matching volunteers with those in need	
The Case for Community Report	You're Reading It!
The Case for Community - The Events!	Starting Oct. 1, 2020

### WHAT ARE YOUR GREATEST CONCERNS IN AND FOR OUR COMMUNITY?

Go to www.nehemiahfoundation.org to participate in our Community Leadership Survey.

## **THANK YOU** for your generous sponsorship



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