



# GOOD NEWS Outreach

Faith in Action Since 1986

Volume 2—Issue 4  
Oct, Nov, Dec 2023

*Director's Corner*



*Cheval Breggins*



Dear Good News Outreach Community,

First, thank you for your time, talent, treasure, and prayers that benefits the people we serve. As 2023 ends, GNO is still here and we reaffirm our commitment to provide services to the people who might not otherwise receive them in Leon County.

By offering and maintaining affordable housing for nine seniors and 46 families, we assist in addressing the affordable housing shortage challenge and provide additional services enabling seniors and families to secure sustainability and self-efficacy.

By delivering food and distributing food to thousands of individuals and families, we address neighborhoods experiencing food insecurity rates above 50% and limited food access.

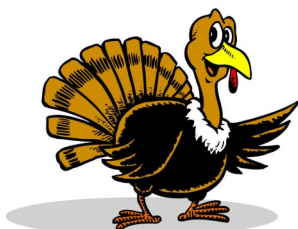
By welcoming 10 formerly incarcerated men and six women, we provide an opportunity and services for them to re-enter society and become productive citizens.

GNO team members, volunteers, and partners have been working extremely hard to make all of this (and much more) happen, yet we cannot do this alone.

Thank you so much in advance for your financial support, and please continue to pray for us.

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The Board Members  
and Team of Good  
News Outreach  
wish you a very  
blessed and



## *Good News Outreach...*



Executive Director, Cheval Breggins, Trauma Specialist, Yolanda Triplett, and Men's Mentor, Mark McMillan



Mercy House Graduate, Angela Locke, Director of Operations, Desiree Andrews, Re-entry Program Manager, Nikki Moye, Executive Director, Cheval Breggins

## *Mercy House Program*

The Mercy House Re-entry program at Good News Outreach is constantly establishing partnerships to better serve the various needs of our re-entry residents. Such a partnership has occurred with Ms. Yolanda Triplett and Mr. Mark McMillan. These two, pictured above with Executive Director, Cheval Breggins, along with Ms. Kristel Avilus (not pictured) make up GNO's Mercy House Trauma Team.



Good News Outreach would like to extend our warmest congratulations to Ms. Angela (Angie) Locke. Angie has successfully discharged from Mercy House and is moving home reuniting with her family. She already has a job lined up but is considering going into business with her sister.

Best wishes Angie and again, Congratulations!

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Ms. Yolanda Triplett conducts the nine-week Trauma Training for our Mercy House residents. We realize most everyone experiences some sort of trauma in their life whether it extends back into childhood or happens later in life. The trauma training, coupled with the Criminogenic Life Skills Training is designed to help residents recognize certain behaviors, triggers, and emotions that arise and can cause them to repeat bad actions. Though this is a new addition to the Mercy House program, we are receiving excellent feedback from residents.

Mr. Mark McMillan, of Divine Revelations Ministries was brought on to counsel and mentor the men of Mercy House. He, along with our volunteer clergy, Apostle Angelo Andrews, are able to relate to the men in various ways and offer specialized counseling. It is understood that we do not push religion, but as a faith-based organization, spiritual matters are very much a concern for all of our residents. Having once been in prison himself, Mark knows first-hand the struggles these men face and they have shown a keen interest in talking with him.

Ms. Kristel Avilus is our overall trauma counselor. As a licensed clinical social worker she is very familiar with adverse behaviors relating to addiction and other social disorders. Kristel provides trauma therapy to both the men and women of Mercy House. These hour-long sessions are conducted during our regular Tuesday night meetings at our 4th Ave campus or by appointment. This added service has helped those of our residents who have taken advantage of this resource. We are proud to have her on our team and are proud to say our In-House Trauma Team is a much needed added value to the Mercy House program.

Mercy House has seen many successful discharges from the program. A successful discharge entails resident demonstrating mastery of independent living skills sufficient to re-enter his/her community as a productive, contributing citizen. They must have an identifiable, stable place of residence, secured full-time or part-time employment, and maintenance of sobriety and abstinence from drug use. We are proud once again to congratulate Angela Locke as well as Billy Boone, who successfully discharged in October. In December, Ariel Bickelman is on track to also successfully graduate from the program. Ariel spoke at the 2023 Prayer Breakfast and we are excited about her transition into society on her own. We know she will continue to do great things.

We thank you for your time, talent, and treasure that helps to keep this program working for the benefit of those we serve.

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