



HELPING CAPTIVES

QUARTERLY UPDATE

APRIL 2026

Do They Feel Safe Enough to Stay?

Helping Captives' Safe House Manager shares what healing really looks like inside the home

At the Helping Captives Emergency Stabilization Safe House, healing doesn't happen in straight lines. It's layered, personal, and often messy. What is offered here is something far more foundational, a place where women can begin to feel safe, and to feel love, sometimes for the very first time in their lives.

Kelsey Raines, House Manager, has been part of that story from the very beginning. She has walked with women in their most fragile moments, seen the walls they've built to survive, and witnessed what happens when those walls begin to come down.

She describes it in a way that is hard to forget:

"I can walk into each room and say, I pulled a girl out from underneath the bed here. I sat with somebody while they cried over there. I cleaned up puke in this room. I cleaned up the bathroom when the unmentionable happened, and I held somebody here when they were sobbing uncontrollably. But what it comes down to, and even just today I felt it again, is this... Do they feel safe enough to stay in this house?"

That question is simple, but profound, and it is what guides everything. Because for many of the women who walk through the doors, safety is not something they have ever known.

Kelsey remembers one young woman in particular. She had just arrived and was guarded, unwilling to trust anyone. That is the reality so many of these women have lived in. Love has always come with conditions. With expectations. With a cost.

"The very first day she got there, she was so closed off. She was so hard. And the Lord always asks me to look them in the eye before they go to bed and say, 'I love you.' And the first thing they do is they put their head down and shake it and say, 'No you don't.' And I look at them and say, 'You don't have to say anything back. I just need you to know that I love you, and I'm glad you're here, and I'm glad you're safe.'"

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A Word From Our Founder...

I have the incredible honor of sharing something that only God could have done.

Because of your generosity, your prayers, and your belief in this mission, the building formerly known as Deja Vu is now **completely paid off**, and it is officially ours. What was once a place connected to the objectification of women will now be transformed into something entirely different: the Freedom Center.

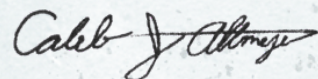
This moment is more than a milestone. This is a declaration that the enemy does not get the final word. What was once built around the selling of women's bodies will now be redeemed for healing, restoration, and hope.

To every donor, volunteer, partner, and supporter who gave sacrificially to make this possible, **thank you**. You didn't just help purchase a building. You helped reclaim ground. You helped create a future where women can walk into a space designed for their healing, their dignity, and their freedom.

Because of you, we are stepping into the next phase. As donations continue, we will begin construction in the coming months, transforming this space into a place where women escaping trafficking can find safety, care, and the opportunity to rebuild their lives.

The Freedom Center represents where we are going as a ministry. It expands our capacity, deepens our impact, and allows us to say "yes" to more women in need of immediate help. It is a tangible reminder that restoration is possible, not just in buildings, but in lives.

Thank you for standing with us, believing in this mission, and helping bring freedom to those who need it most.



— Caleb Altmeyer
Founder/CEO, Helping Captives



Quarter ONE Highlights

The past three months have been full of energy, connection, and meaningful outreach for Helping Captives. We were honored to partner with North Idaho College athletes at both a wrestling match and the men's and women's basketball games, where we engaged students and fans in conversations about sex trafficking awareness and campus safety. The response was overwhelmingly positive, sparking curiosity and opening doors for deeper involvement with our mission.

A highlight of the quarter was our Volunteer Appreciation Dinner, a heartfelt celebration of the incredible individuals who pour their time and talents into every corner of Helping Captives. From events and the Freedom Center demolition to the safe house, thrift store, board, leadership, prayer team, and Bikers Helping Captives, our volunteers collectively contributed more than 2,700 hours of service. Their dedication continues to be the backbone of our efforts.



Bikers Helping Captives also had a dynamic quarter, participating in educational and fundraising events that took them from the bowling alley to the basketball court and ultimately to the Spokane Bike Show. There, they proudly showcased the mission of Helping Captives and connected with other biker groups through conversations, challenges, and shared purpose.

Together, these efforts reflect a community united in awareness, action, and hope. We're grateful for every person who helped make this quarter such a success, and we're excited for what's ahead.

Speaking of what's ahead - if you have not bought your table yet for our annual gala (May 8th), you want to be sure to do that soon. We are expecting another SOLD OUT event and we want to make sure you're there with us!

Shelley Engle
Events & Community Engagement



WE ARE HIRING!

Resident Assistant (Part-Time)

Helping Captives is seeking a compassionate, faith-driven Resident Assistant to serve in our emergency stabilization home for women coming out of trafficking, addiction, and trauma. This role is vital in creating a safe, structured, and loving environment where healing can begin. The ideal candidate is strong in their Christian faith, emotionally mature, and able to balance firm boundaries with genuine compassion. Responsibilities include supporting residents with daily life skills, maintaining a peaceful home environment, and working closely with our team to care for each woman with dignity and respect.

If you feel called to be part of someone's journey from survival to freedom, apply today and help us continue showing up for the women who need it most. If this opportunity isn't for you but comes to mind for someone you know, we encourage you to share it and help connect the right person to this life-changing work.

Visit our website to submit your resume and cover letter: www.helpingcaptives.org/employment



Weeks later, that same young woman came back to her with words that Kelsey still carries.

"She told me, 'I've never felt safe in my whole entire life. This is the first time I've ever felt safe enough to do this.' She's finally dealing with trauma she's never touched before. She's finally allowing herself to feel, to grieve, to process. And now, she looks to me and says, 'Do I get a hug?' This is someone who wouldn't even look at me when she first got here. And now she runs up to me and I say, 'Do you want a hug?' and she says, 'Of course I do!'"

Moments like that don't come from a program. They come from consistency. From presence. From showing up day after day with acceptance and steadfast love.

"The Lord just keeps saying, 'I need them to know I love them with no strings attached. Even if they won't let me come in, I need them to feel my love. I need them to know who I am.'"

One resident shared something that deeply impacted Kelsey:

"She said, 'I wouldn't even let Baxter love me. I didn't think I deserved it. I saw how much you loved Baxter, so he was the first one I allowed in. I allowed a dog to love me. And I realized that if a dog loved me, maybe someone else could.'"

It's a reminder that healing doesn't always begin in big, visible moments. Sometimes it starts quietly. Sometimes it starts with something as simple as being met with steady, unconditional care, whether from a staff member, or even a therapy dog.

Kelsey is quick to remind us that what happens inside the home is never the result of one person.

"Without people... we can't do our job. The Lord will bring the girls, the girls are coming, but without a team of people, without the background of people, we can't do this."

When asked what this work feels like, Kelsey describes it in a way that feels both simple and deeply honest.

"It's like fishing. Some days you don't catch anything, and you just have to say, alright, I'm going to cast again. And sometimes you hook one and you're like, can we bring them to the top? Can we get them there? And sometimes they slip off and you have to cast again. But then there are those moments where you hook one and you think, YES!... and they make it."

And when they do?

"Once they're in the boat", the Lord says, "Now it's my turn. Now I'll come in and clean everything inside of them."

There is no forcing in this work. No rushing. Only an invitation.

"He will sit at the door and knock, but He's not going to force Himself in. He loves them too much for that. He'll wait. He'll sit in the mess. He'll even come off the boat and sit next to them on the shore and say, 'I'll just be here with you until you're ready.'"

The work inside the safe house is deeply relational, but it is also supported by people and roles that are often unseen.



Baxter, Helping Captives' therapy dog, greets each resident with a calm, gentle presence. He approaches with care and kindness, offering quiet comfort without expectation. For many women, his steady companionship becomes one of the first safe and simple experiences of trust, bringing a sense of peace in moments when words are hard to find.

"You can't take the head, the arm, or the foot off... we need a group of people working together. Not everyone is called to be in this house. Not everyone is called to go out on that boat. But we all have a purpose and a calling... and God uses everyone to help heal and to tear down the walls. It's so much more than anyone will know... one day we'll see it. Something small, even just a \$5 donation that kept that door open one more day for someone who had never been told they were loved without strings attached. Every time the Lord brings provision into this ministry, I pause and bless it right at the table where these women sit. I pray, 'Lord, bless those who bless this ministry,' because the truth is, without people giving, I wouldn't be able to sit around that table and share the love of Jesus with them."

Not every story unfolds the same way. Some women come in, experience that love, and still choose to leave. Kelsey doesn't shy away from that reality.

"There are women who come into this house, they feel the love of Jesus, and they don't believe they're worthy of it... and they walk right back out that door. And those are the ones where I just sit there and say, 'Lord, what do we do with that?' And He reminds me, 'I give them choice.' The true definition of love is choice. When they come into the house, it's their choice to run or their choice to embrace His love. And I just get to stand in the gap until they realize... 'Oh my goodness, it's Jesus. He loves me. He's not angry. He's not mean.' I just get to be that person until they see Him."

Almost every single day, Kelsey asks the girls the same thing: **"Three things you're grateful for."** She says at first, the answers are simple: a hot shower, a warm bed. And those things matter deeply, because for many of them, it's the first time in a long time they've had those basic needs met. But something begins to change.

"Once they have food, safety, and rest... their hearts begin to open. And then you start to hear it: 'Jesus... He really loves me.' They couldn't see that before. Not until their basic needs were met. Not until they experienced love in a real, tangible way. Because without the love of Jesus, we can show up day after day, with hugs, with kindness, looking them in the eyes and saying, 'Hey, I love you,' and they'll still look away. But it's because of faithful supporters that we get to keep showing up... until they finally believe it."

And so Kelsey, and the rest of the team, continue to show up. Day after day. Moment after moment. Looking women in the eyes, even when they look away, and saying what they may have never heard before: "I need you to know I love you... and you are wanted."

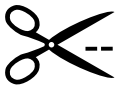
"Because if these walls could truly speak," she says, they would tell one story above all else:

"This place is filled with love and grace every single day."



Every woman who walks through our doors carries a story like the ones Kelsey shared, marked by pain, survival, and unmet needs. What changes everything is simple: a safe place, consistent love, and the truth of who they are in Christ. Because of supporters like you, they're not just told they're loved, they begin to **believe it**.

Will you give today? Every dollar helps provide the care, safety, and hope they need to heal and know they are truly loved and wanted. Scan the QR code, visit our website, or use the form below. Thank you!



MY GIFT TO HELPING CAPTIVES

I would like to give a **MONTHLY GIFT** of \$ _____

I would like to give a **ONE TIME GIFT** of \$ _____

CREDIT CARD GIFTS:

Visit HELPINGCAPTIVES.ORG or call
(509) 922-0939. Your donation is tax-deductible,
and you will receive a receipt.

Name _____

Address _____ City, State, Zip _____

Email _____ Phone _____

I would like to receive email updates from Helping Captives

Please remove me from your mailing list

Please complete and mail with your gift to Helping Captives, P.O. Box 14257, Spokane Valley, WA 99214

THRIFT STORE

Our Helping Captives Thrift Store helps support women survivors of trafficking, with 100% of proceeds going directly to survivor care and recovery programs. You can support the mission by donating or shopping.

Donation hours are Monday–Saturday from 10:00 AM to 5:00 PM, and the store is open for shopping from 10:00 AM to 6:00 PM.

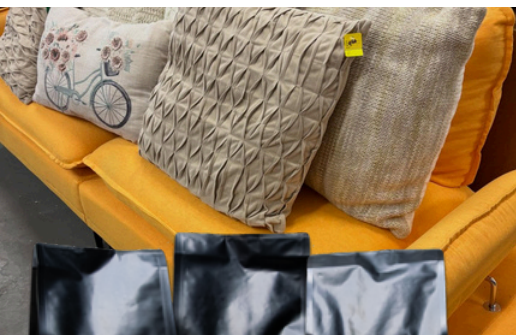
Because of the high cost of disposing unsellable items, please donate only clean items in good repair. We are unable to clean or repair items. Thank you for your generosity and understanding.

SHOP. DONATE. HELP CAPTIVES.

Location: 14415 E. Sprague Ave.
Spokane Valley, WA 99216

If you have questions about our donation guidelines or to schedule a private shopping event give us a call:

509.868.4768



Helping Captives Coffee is a simple, powerful way to turn your daily routine into real impact. Every purchase helps support women finding freedom from trafficking, providing the safe place, care, and hope they need to heal.

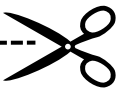
Choose from our featured blends: Freedom, Justice, and Rescue as well as seasonal favorites. Know that every cup is part of someone's journey to healing. You can purchase online at www.hccoffeeco.com, or at the Helping Captives Thrift Store.



Helping Captives Main Office
14415 E Sprague Ave, Suite #5, Spokane Valley, WA 99216
Hours M-Th 10 AM to 2 PM
(509) 922-0939

Helping Captives is a 501(c)(3) Non-Profit, EIN: 46-3709621

To Report Trafficking or Suspected Trafficking
National Human Trafficking Hotline 24-7:
(888) 373-7888 or text "help" to 233-733



MY GIFT TO



HELPING CAPTIVES



HC
HELPING CAPTIVES

Gala

5.8.26

Featuring Keynote Speaker: Pam Tebow



EVENTS

5/8/26 - 10th
Annual Gala
Featuring Pam
Tebow, Spokane
Convention Center

8/6/26 - Annual
Golf Tournament,
Post Falls, ID

9/26/26 Run 4
Freedom 5K,
Rockford, WA

10/14/26 Freedom
Center Celebration
Featuring Tim
Tebow, Details TBA

Presented by **RESCUE**
Smarter Pest Control®

Register Here:



www.helpingcaptives.org/gala

We invite you to partner with us in bringing hope and freedom to survivors. We are currently seeking items for live and silent auctions and raffle prizes for upcoming events. There are still a few remaining Gala sponsorships, and we are looking for sponsors for our Golf Tournament and Run 4 Freedom 5K. If you or your business would like to contribute, sponsor, or volunteer, we would love to connect. Together, we can continue creating opportunities for freedom and restoration in our community.

To volunteer or donate items:
Contact: kiana@helpingcaptives.org

Interested in sponsorship:
Contact: shelley@helpingcaptives.org



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RUN 5K
4 FREEDOM

Run & Walk



9.26.26 helpingcaptives.org/run-for-freedom




helpingcaptives.org/golftournament

HELPING CAPTIVES GOLF TOURNAMENT
8.6.26

Presented by **HUG CONSTRUCTION**

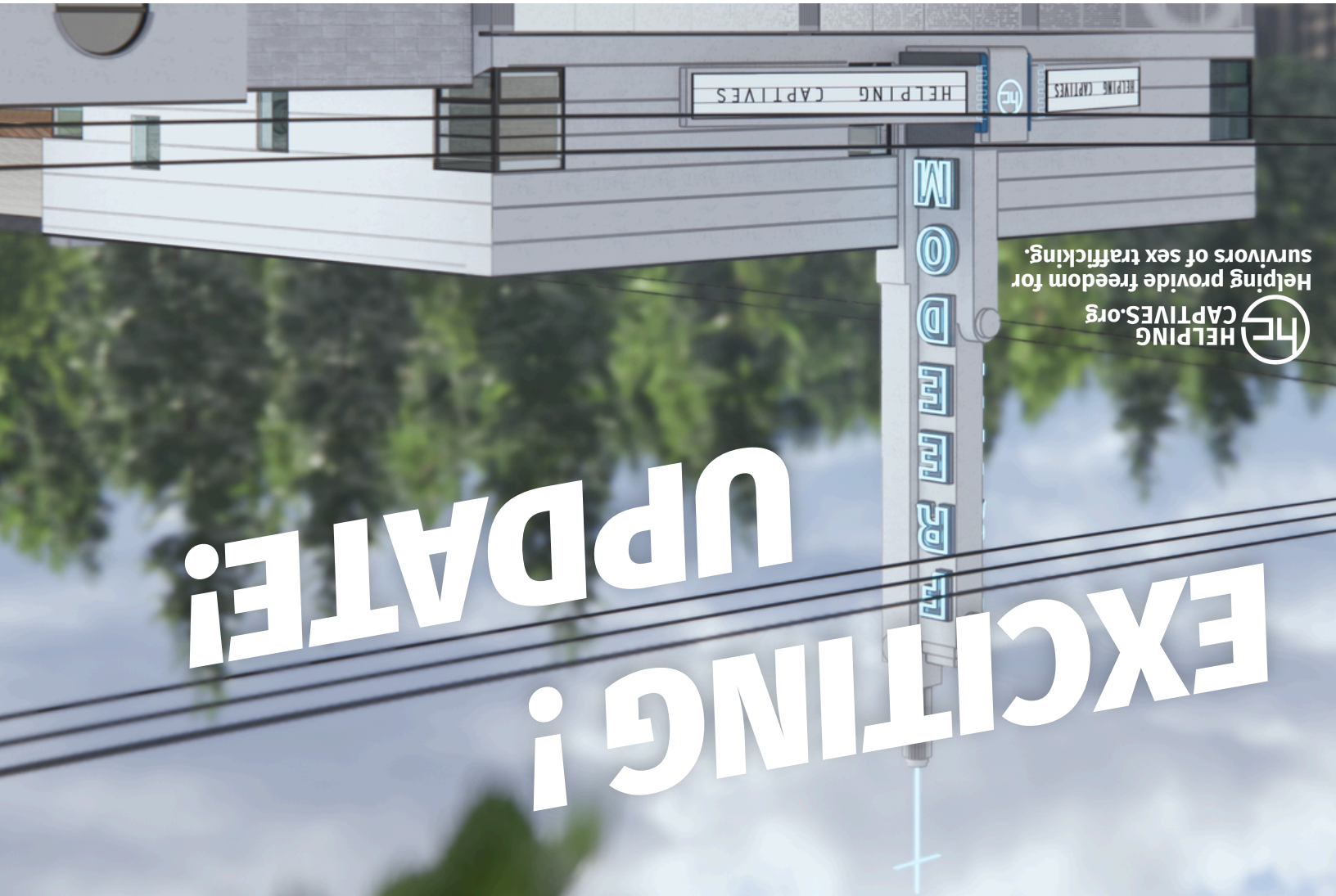


OCT 14, 2026

Freedom Center Celebration

Celebrate a powerful milestone with us at the Freedom Center Debut Party. Join us for an inspiring evening as we unveil our plans for the new Freedom Center, a sanctuary for healing and restoration for trafficking survivors. Come hear Tim Tebow's heartfelt message and be part of this exciting new chapter in the fight for freedom. (More details TBA)

HELPING CAPTIVES
PO BOX 14257
Spokane Valley, WA 99214



HELPING CAPTIVES.org
Helping provide freedom for survivors of sex trafficking.

EXCITING!
UPDATE!