



The two most important days in your life are the day you are born and the day you find out why!

~ Mark Twain



corePurpose

## OUR GOAL

is to help people discover and live their PURPOSE.



corePurpose

# The Neuroscience of Purpose for the Homeless

1. The Neurological Impacts of Homelessness
2. How These Impacts Affect Purpose in Life
3. What Impact Does Purpose Have on the Homeless, According to Neuroscience?
4. The Biblical Foundations of **corePurpose**
5. What is Purpose in Life, and How Does Purpose Change Lives?
6. How **corePurpose** Empowers the Homeless to Reclaim Their Purpose
7. Giving Hope and a Future: Changing My Past, Present, and Future
8. Q&A

# 1. The Neurological Impacts of Homelessness

- Rapid acceleration in brain age
- Toxic stress in executive functions
- Significant decline in mental health
- Cognitive impairment

# Homelessness → Rapid Acceleration in Brain Age

- Memory deficits/Dementia
- Brain changes
  - Decreased brain volume
  - Brain atrophy in white matter decreased
- Geriatric symptoms onset **DECADES** earlier
  - Strokes
  - Visual impairments
  - Falls
  - Incontinence
- Brain age: Homeless ~ 57 = late 70s or 80s
- Mortality is estimated to be around **30 years earlier** than that of non-homeless individuals.

# Homelessness → Toxic Stress in Executive Functions

- Chronic elevation of cortisol
- Prefrontal cortex impairment
  - Impulsive thinking/behavior
- Stress cascade
  - Dysregulation:
    - ✓ Sleeping
    - ✓ Learning
    - ✓ Memory
    - ✓ Health and Mental

# Homelessness → Significant Decline in Mental Health

- Increased psychiatric episodes requiring medical attention
- Increased alcohol and/or substance abuse
- Lower perceived recovery
- Increased comorbidity
  - 76.2% for any mental disorder
    - ✓ Anxiety Disorders
    - ✓ Dissociative Disorders
    - ✓ Mood Disorders
    - ✓ Trauma and Stress-Related Disorders

# Homelessness → Cognitive impairment

- Functional Cognition
  - Difficulty of inability to perform daily tasks
  - Memory, judgment, and planning
  - Perception
  - Reduced problem solving
  - Catastrophizing
  - Reduced Social Skills
  - Reduced decision-making skills
  - Reduced memory

**Overall, a reduction in the ability to navigate and participate effectively in daily life.**

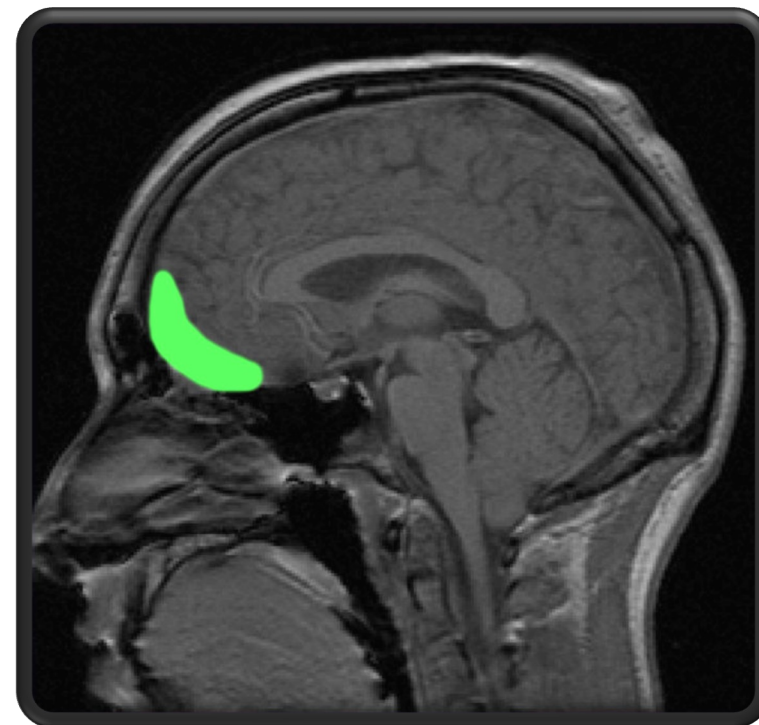
# How these Impacts Affect Purpose in Life for the Homeless

- Increased use of Crisis services
- Loss of **Hope**
  - Increased suicide rates
    - ✓ 10x higher than those in the general population
    - ✓ Leading cause of death in homeless youth
    - ✓ More than half of people who are experiencing homelessness have thoughts of or have attempted suicide
- Loss of a **Future** picture
  - Unable to clarify a healthy trajectory for the future
  - Barriers seem too overwhelming
  - A future story is ambiguous or vague



## The Brain with Hope and a Future (Purpose)

- Scientists have discovered the area of the brain in which feelings of Hope and a positive Future are **physically** present.
- Acts as a mediator between the mOFC
  - Shields us from anxiety
  - Creates a FOCUS on a positive outcome (coping mechanism)
  - Increases motivation
  - Reduces depression (and depressive thoughts)
  - Improves quality of life
- Provides envisioning skills essential for healthy cognitive functioning
- Brain/Neural plasticity
- Neurogenesis



## What impact does purpose have on the homeless, according to neuroscience?

- Motivates to make significant life changes
- Helps to shape personal identity
- Reduces reliance on Crisis Services
- Increases resilience & coping skills
- Fosters healthier relationships
- Reduces isolation and loneliness
- Improves mental & physical health
- Develops Agency
- Reduces psychosocial stress



# What impact does purpose have on the homeless, according to neuroscience?

- Creates:
  - Gratitude
  - Altruism/Compassion
  - Resilience
  - Hope
  - View of a Positive Future
- Provides protective factors against suicidal ideation and completion
- Increases desire for self, skill, and character improvement



# Maslow's Hierarchy of Motivation

**PURPOSE**

**Highly  
Motivated**

**Motivated**

**Almost  
Motivated**

**Not Motivated**

**Unmotivated**

**Self-  
Actualization**

**Self-  
Esteem**

**Love and  
Belonging**

**Safety and  
Security**

**Physiological  
Needs**



**Motivation**





## The **Biblical Foundations** of **corePurpose**

Jeremiah 29:11

***“I know the plans (PURPOSE) I have for you DECLARES the Lord, plans (PURPOSE) to PROSPER you and not to harm you, plans to give you a HOPE and a FUTURE.”***

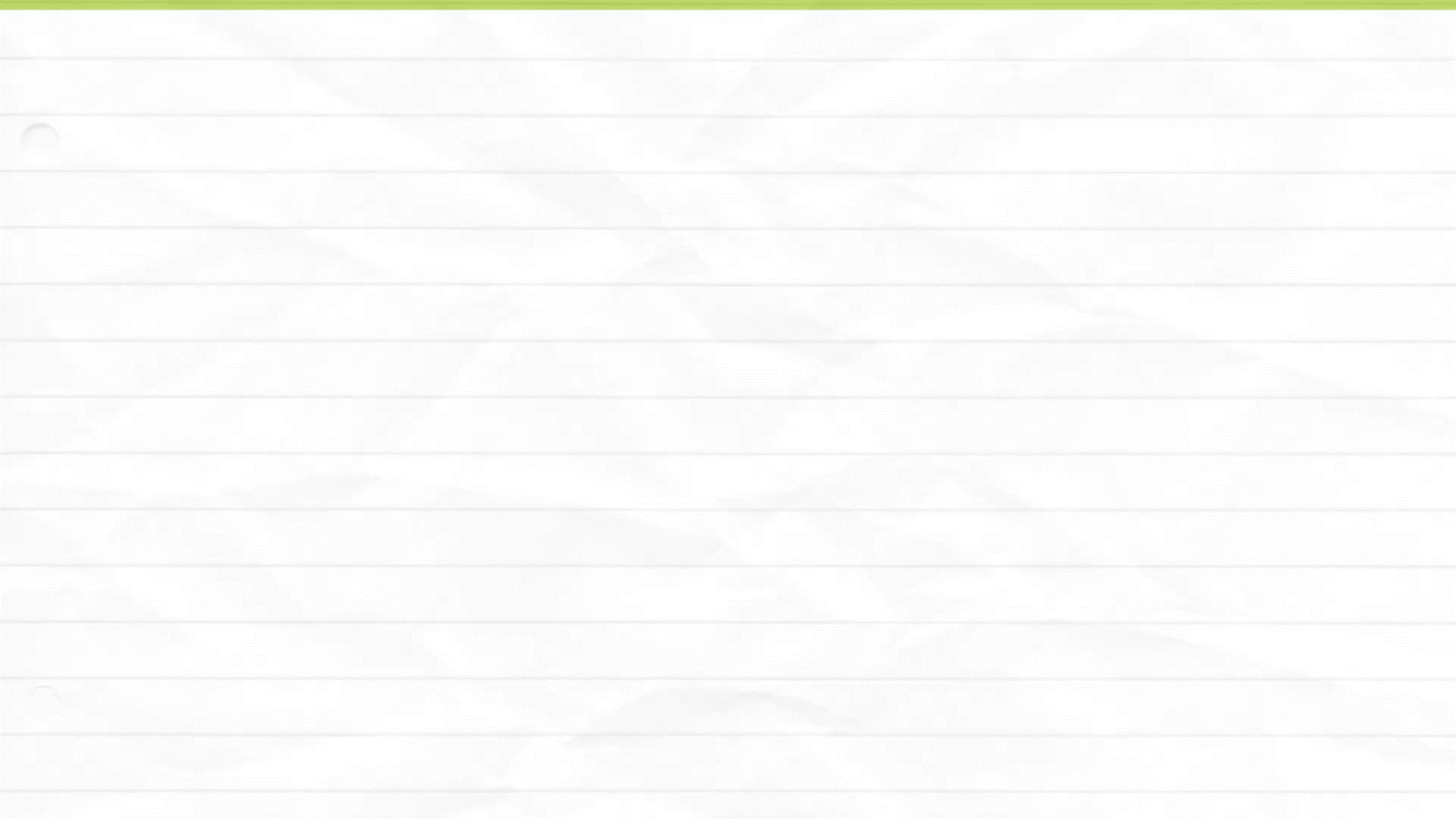
- Prosper (thrive, flourish, succeed)
- Will not harm you
- Always includes Hope and Future

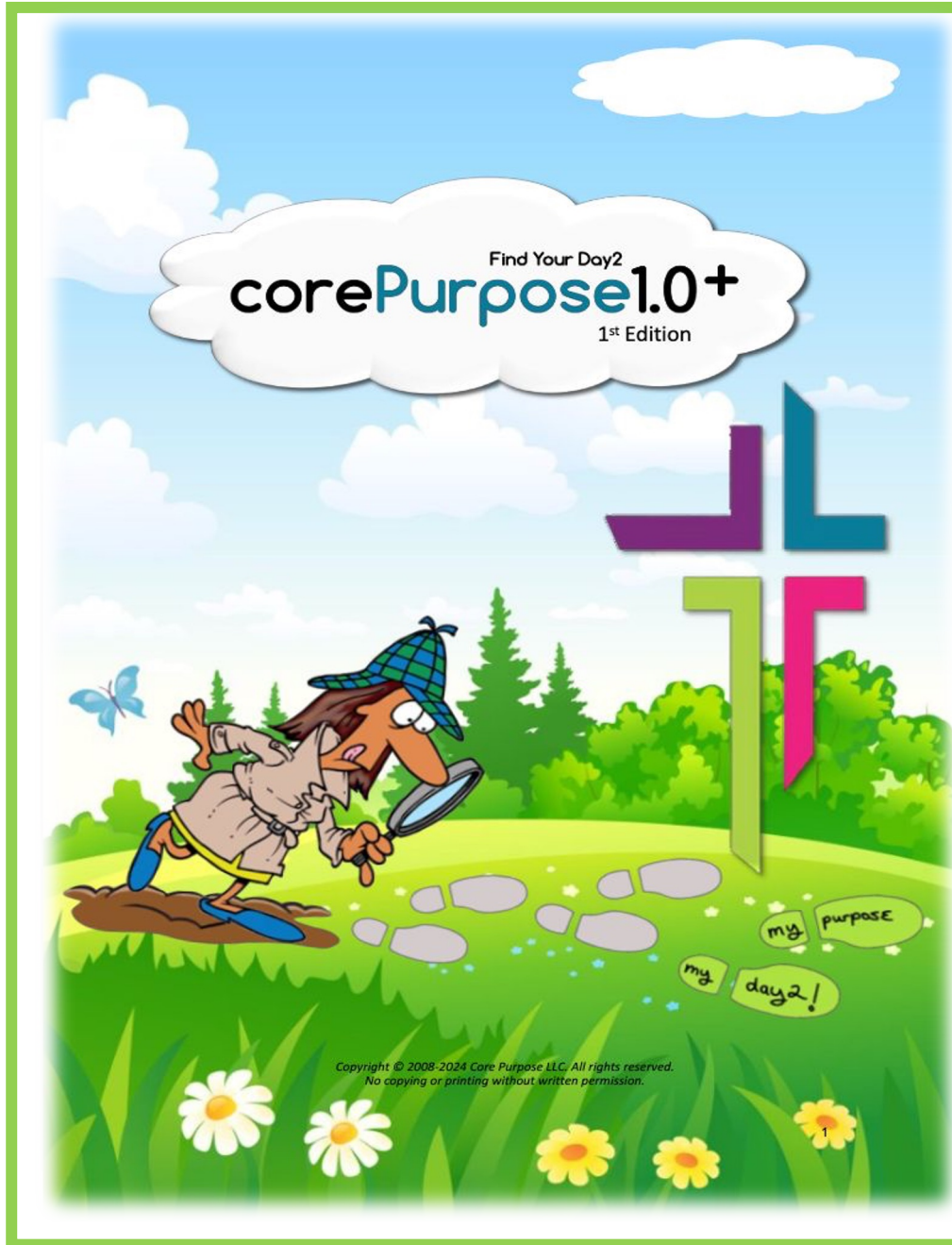


# What is Purpose in Life and How Does it Change Lives

- Purpose answers the question, “Why am I here?”
- Purpose becomes a guiding light, infusing our victories and even our defeats with profound meaning and significance.
- Purpose uses our natural and spiritual gifts to make life better for ourselves and others.
- Purpose never harms others.
- Purpose is unique for every person.
- Purpose changes us to conform to the example that Jesus set for us.

**Purpose changes us because it connects us to the Master Plan God has designed for each of us.**





Our foundational program,

## **corePurpose1.0+**

teaches the application of an “Investment Model,” which keeps them on a trajectory for health and Purpose.

Applying a Biblical and Neuroscience lens to top tiers of challenges everyone will face throughout their lifetime provide understanding and motivation, which will reduce recidivism.

By the time they complete

**corePurpose1.0+**, individuals are equipped to overcome issues that can hinder them from enjoying quality



**corePurpose**

of life and living their Purpose.



**corePurpose2.0+** builds on the foundation of corePurpose1.0+ and continues to develop a different (and healthier) view of obstacles and adversity.

By addressing top-tier challenges, individuals will not only gain Mastery over their lives, but also find a sense of belonging as they reintegrate back into the community, a community that values their unique Purpose.

Designing a Purpose Model provides a roadmap for applying one's Purpose to one's community, a practical application that ensures Purpose doesn't remain just



# Changing your Past



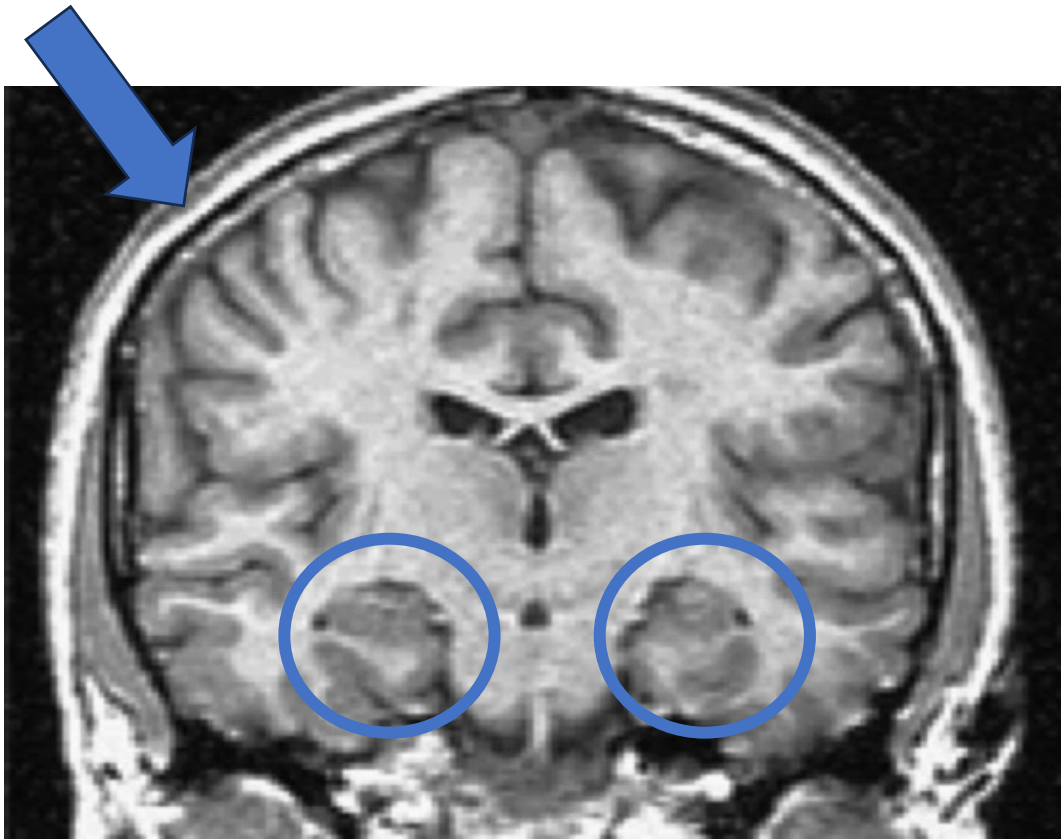


# Did you know...?

... that when you have experienced a trauma (physically or emotionally), your *prefrontal cortex*, *amygdala*, and *hippocampus* may be injured by the rush of *cortisol* (yes, there is that pesky hormone again)! The function of your *PFC* may be reduced, your *hippocampus* can decrease in size, and your *amygdala* can become hypervigilant. All of this means that your quality of life might be diminished!



# Your Cortex and Hippocampus



**Normal Brain**



**Stressed Brain**

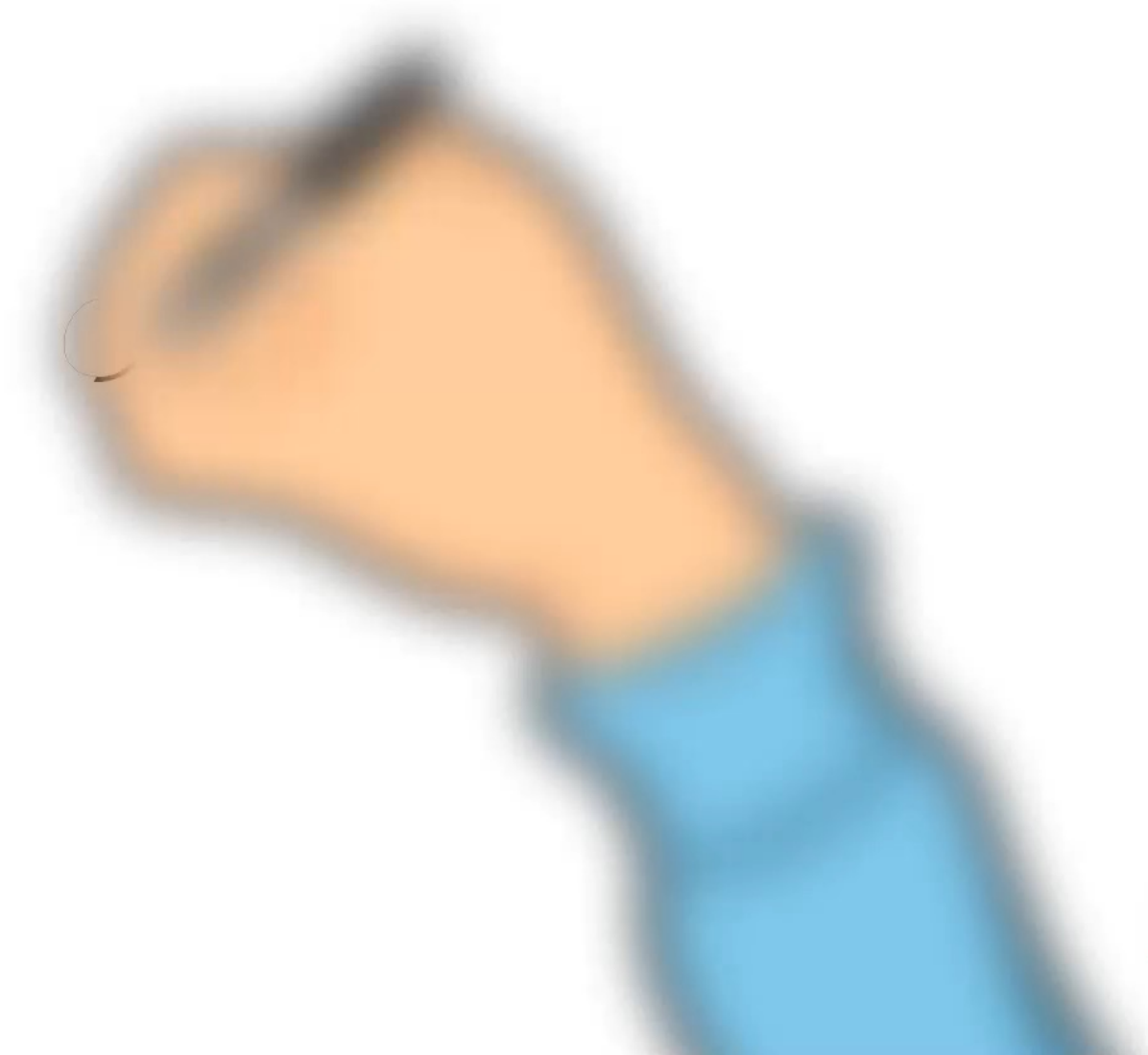


# Did you know...?

... that when you practice what you are learning in corePurpose1.0+, your brain tears down old, unhealthy, and possibly hurtful connections, rebuilding new ones that are not only helpful but are healing?

Think of it like the road crews on I-25 tearing out exit 132 (which leads you to old behaviors, habits, and even painful memories, and replacing it with a new exit, 145). This new exit will lead you to new life experiences, new healthy relationships, and, of course, your Purpose! Go Brain!





# The Story of Legacy









British Embassy



COMMUNITY PREP SCHOOL



COLORADO Early Colleges



United States Steel Corporation



Colorado Department of Human Services  
people who help people



REALLIFE FOUNDATION



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For more information:

**[www.FindCorePurpose.com](http://www.FindCorePurpose.com)**