



## **CHAMP Homes' founders rewarded for efforts**

**By Cynthia  
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Paul and Carolyn Hebert, co-directors of CHAMP Homes, stop for a photo in the Thomas Wallace Memorial Prayer Room.

**Cape Cod Times/ file photo Christine Hochkeppel**

HYANNIS - Life coach Laurie McNaugh signed up at CHAMP Homes to help people down on their luck move up in their lives.

The more volunteers hours she racked up, the more the Sagamore Beach woman was impressed by the love and care CHAMP Homes founders Carolyn and Paul Hebert show residents, who include teens aging out of foster care, battered women, military veterans, people with disabilities and individuals recently released from jail.

"Their work in the community is just staggering," McNaugh said Friday. "I'm in awe of what they've created. They really create a family environment for the residents."

She was so impressed she nominated CHAMP Homes to receive the Organization of the Year award from the International Coaching Federation of New England. The federation is a professional organization for people who work with clients to help them change or reverse course in life.

The Heberts recently claimed the award, which came with a stipend of \$2,000.

But more importantly, McAnaugh said, the Heberts are being recognized for nearly a quarter century's worth of caring for people who seem to have been forgotten by society.

"People find their voice there," McAnaugh said. "Most of them have never had anybody who believed in them."

The Heberts opened CHAMP House in 1991 with the goal of helping young people in danger of homelessness.

Their mission has expanded over the years. They now operate seven residences housing 65 people who currently range in age from 17 to 75, Carolyn Hebert said. "We have a big cross-section of humanity."

The main campus consists of four buildings on School Street, Hyannis.

In 2012, the Heberts' Housing For All Corp. took over the Pilot House on Yarmouth Road, a transitional housing program for men in recovery from substance abuse. The home previously had been operated by the Community Action Committee of the Cape and Islands. Duffy Health Center in Hyannis provides the medical component.

In January, Housing For All opened Pilot House 2 on Parkway Place in Hyannis, which can house both men and women.

As part of their mission, the Heberts help residents with job applications, visit them in the hospital, talk to their probation officers and check in with their guidance counselors at local high schools and Cape Cod Community College.

The goal is to help residents move on to jobs and other housing when possible, they both said.

Many of the residents have experienced trauma - or in some cases abuse - in their past, said McAnaugh, who for the past three years has spent Friday mornings offering free personal coaching sessions for CHAMP residents.

During the coaching process, McAnaugh helps residents identify their goals and the next steps toward achieving them.

She said many residents suffer from anxiety and a lack of confidence in themselves.

"Many people (here) have never been told they're good or they're OK," Paul Hebert said.

McAnaugh's coaching sessions have been of immense help, he and his wife said.

One disabled woman who was told she would never work again confided her dreams about a job to McAnaugh, who coached her through the process of getting her nursing assistant certification.

The woman just won the Employee of the Month award at her work place, Carolyn Hebert said. She said McAnaugh, whose company is called Access Your Power Life Coaching, also is helping a formerly homeless retiree learn how to budget and save money for winter housing and utilities.

"He's smiling all over himself," Carolyn Hebert said.

The Heberts plan to hand over the reins of CHAMP Homes in the near future, with Paul Hebert, who is also a Barnstable town councilor, planning to step down as CEO in January 2015. Beth Wade is taking over his spot. More than 2,000 people have come through CHAMP Homes doors, but now the Heberts, parents of three daughters and grandparents of four young girls, say it's time to enjoy their own family.

They say they hope their organization not only continues but inspires copycat residences.

"A local response to the needs of others can be very effective and very efficient," Paul Hebert said.

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