



COMMUNITY SOLUTIONS

See how your generosity has saved lives!

Spring 2022

They were freed from trafficking but still not safe

Your support gave them safe shelter and a path forward free of violence

When the sex trafficker brought Marina to a local hotel, she took the chance to ask the staff for help. Though finally free after two years of captivity, Marina and her young daughter, Joya, still feared for their lives and felt utterly alone.

Marina's trafficker was accidentally released from jail, and she was terrified of what he would do when he found them. They were in an unfamiliar city without family or friends to help.

Thanks to you, Marina and Joya found safety and community at our confidential shelter for survivors of violence.

Your support also provided Marina with help obtaining a restraining order against her trafficker, access to social services benefits and victim witness services, and



Thanks to you, Marina and Joya found safety from human trafficking at our confidential shelter and are starting a new life free of violence.

therapy for herself and Joya. You even enabled them to move from the shelter into transitional housing.

Marina is now taking English classes and plans to attend a CNA course to work in healthcare. She continues with therapy, saying it has really helped her to feel good about herself again. Joya began kindergarten this year and enjoys going to school.

"People gave me an opportunity to reach my goals and encouraged me to set my own goals, such as furthering my education, continuing to work, and most importantly to be able to spend time with my child," says Marina.

Thanks to you, Marina and Joya are together, safe, happy, and starting a new life free of violence. What a gift!

"I feel good because I received the help that I needed. I am also happy and relieved that I have a place to call home." - Marina, survivor

More stories about your generosity inside >>>

FROM THE CEO



*Erin O'Brien
President & CEO*

Your generosity has saved lives

Mental illness, substance use, homelessness ... these issues often feel overwhelming and unsolvable. But your support has already helped so many local families survive these crises.

As you can see here, your recent support provided: life-saving shelter for human trafficking survivors, support to help a man stay safely housed and off the street, mental health and parenting support to keep a family together... and much more.

If you ever wonder about the power of your generosity, just read on. Because your support has literally saved lives!

Your support saved his life

Thanks to you, Walter finally found health, stability and a new life off the streets

"I was in and out of the hospital ... I was homeless, spending time with the wrong crowd," says 62-year-old Walter. "Had Community Solutions not found me, I would probably be dead."

Often homeless and sleeping on park benches, Walter struggled to comply with mental health treatment or maintain sobriety. When provided with housing, he found the transition difficult. He struggled to connect with others and often ended up in trouble.

But your support changed that. By providing Walter with care in all areas of his life at once – from mental and physical health care to sobriety support to daily living and communication skills – you helped Walter finally thrive.

With 1-to-1 support and group therapy, Walter learned to think rationally before acting on impulse. He learned to follow rules, to be an active listener, and to be mindful of others.

Walter also began to set boundaries with others and to prioritize his own needs and personal safety. "When I have a problem, I talk to my team who help me stay level-headed and avoid getting into trouble," he says.

"Community Solutions believed in me," says Walter. And by Community Solutions, he means *you*. Thank you for quite literally saving Walter's life!



Your support gave Walter critical mental health care and the daily living skills he needed to stay housed

She wanted a better life for her son

Your support made health and happiness possible for both Luca and Cynthia

4-year-old Luca was struggling with anger. Early exposure to domestic violence and his parents' substance use was causing big behavioral challenges.

Luca's mom, Cynthia, left his father and moved the pair to a residential treatment center to begin recovery. But all the changes were causing Luca to get worse!

Thanks to you, our FIRST 5 program was ready to help with services designed specifically for toddlers and their families. What's more, by giving Cynthia the tools to be a better mom, you helped in her recovery too.

Luca was having difficulty concentrating, irritability, anger, and frequent tantrums with crying, throwing and hitting. He reacted to his mother's stress by crying and running away from her. He struggled with social skills,



Thanks to you, Luca and his mom, Cynthia, received the therapy, resources and parenting training they needed for a healthier life.

potty training, some speech delay and sensory issues.

Your support provided Luca with play therapy, where he learned important skills around trust, interacting with others, and expressing his needs without tantrums. Cynthia learned how trauma impacted Luca's brain development. She

successfully enrolled in school, and Cynthia continues to do well in recovery.

What Cynthia learned in the program helped improve her own communication and self-regulation skills. She is now more engaged with Luca and a better advocate for both of them.

Cynthia is grateful for your Holiday Giving donations, "which were so helpful to support Luca's speech and social skills development."

learned to use positive parenting techniques to support Luca and help him use the skills he gained through therapy.

Thanks to you, Luca is happier today and

She says, "[You have] been such an important part of my journey by providing me with skills and support that has affirmed my ability to be a loving parent."

Local children and families need your life-saving support

Despite the easing of pandemic restrictions, local families are still suffering from the impacts of COVID. From mental health crises to severe domestic violence to the looming easing of eviction moratoriums ...

... and now the prices of groceries, gas and other daily essentials are skyrocketing! This may very well push struggling local families past the breaking point.

Your gift of just \$43.54 today will provide one day of life-saving support for a local family in crisis.

That's an incredible gift you can give a struggling family!

Your donation will immediately provide things like groceries, rent, emergency shelter, life-saving mental health care, and



Your gift will provide a struggling local family with life-saving support, such as groceries, emergency shelter and more.

more -- all the things a struggling family needs today to survive.

Please help today by sending 1, 2 or even 3 days of life-saving support to help a local family!

Your gift of \$43.54 today will provide one day of life-saving support for a local family in crisis

My gift of life-saving support for a local family!

Yes, Erin! Please use my gift to provide life-saving support to a local family who needs help:

- \$43.54 to provide 1 day of life-saving support for a struggling local family
- \$87.08 to provide 2 days of life-saving support for a struggling local family
- \$130.62 to provide 3 days of life-saving support for a struggling local family
- \$ _____ to provide as many days of life-saving support as possible

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