



SOLUTIONS

See how your generosity helped these local youth in crisis!

Fall 2022

Nathan could have become another drug statistic

Thanks to you, this local teen is alive today and turning his life around

Not so long ago, Nathan's life was defined almost entirely by drug use and involvement with gangs and law enforcement.

Nathan was quickly headed for a lifetime in prison or early death. "[I was] drug addicted and getting in and out of trouble," says 19-year-old Nathan. "I was stealing cars and breaking into homes to buy drugs."

Thanks to you, Nathan got an opportunity to turn his life around. You provided him with treatment for both his substance use and his mental health issues, including anxiety, depression, and impulsivity.

What's more, you ensured that help was available for Nathan where and when he needed it, by a team of folks who wouldn't give up on him.



Thanks to you, Nathan's life is no longer defined by drugs and gangs. Your support gave him the mental health treatment he desperately needed to get sober and turn his life around.

At first, Nathan didn't want help. He ran away from his home, family and treatment team. Then he relapsed, got into trouble and ended up back at juvenile hall.

What Nathan didn't expect was that his treatment team would follow him there! They were able to meet with him by video and phone while he was incarcerated,

then continued in-person after his release.

Nathan has put drugs and the gang life behind him. He is determined to improve as a person. "Now I work, got my license and drive around, stay sober, away from trouble."

Thanks to you, we know Nathan not as a statistic but as a teen who loves to read.

"I learned how to handle mental health and stress by using coping skills. It helped change my life."

Nathan, age 19

FROM THE CEO



Erin O'Brien
President & CEO

You've given these local youth the gift of a lifetime

Even before COVID, local kids and teens were struggling with anxiety, depression and substance use. The stress and isolation of the pandemic pushed many to a breaking point.

Thankfully, your generosity has already provided life-saving mental health care for so many local youth.

In giving the gift of mental health care, you've both saved lives and given children and teens the tools they need for a lifetime of mental wellness. What a gift!

Thank you!

Depression and anxiety left Clara failing out of school

Thank you for helping this local high school student get mental health treatment in time

As the symptoms of depression and anxiety set in, 17-year-old Clara lost the motivation to do much of anything. She withdrew from her friends and family, and eventually stopped attending school. As a result, she was failing all her classes.

Thanks to you, Clara was able to get the mental health care she needed before her symptoms became life-threatening.

Your support provided Clara with a therapist and case manager, both trained specifically to help struggling youth and teens.

Clara says that just having someone to talk to helped her a lot. But perhaps more important, she learned healthy new coping skills, such as relaxation techniques, listening to music or simply taking a break from her busy day to just take a deep breath.

Today, Clara is using these skills to manage her depression and anxiety better. She doesn't isolate as much anymore. Instead, she is trying to socialize more with others and is motivated to graduate high school.

"I learned to not be so anxious," she says. "I am trying to engage more with others, going outside more, and trying my best in school." Thank you for making this possible!



Your gift of mental health care gave Clara the healthy coping skills she needed to return to school.

Julio was making himself sick with worry about COVID

You helped calm his anxiety and gave him lifelong coping skills

Just 9 years old, Julio's anxiety about COVID was making him physically sick. He had stomachaches, couldn't sleep or concentrate, and was often upset, irritable and crying.

Julio was missing school and his grades were dropping. "At school it was bad because I had a lot of worries, and sometimes I felt like I would vomit and would not eat my lunch," he says.

Thanks to you, when Julio's worried mom reached out for help, they were able to get support right here in our community.

Julio is going to school and playing with his friends again, and that is thanks to you.

Your support provided Julio



Thanks to you, Julio is no longer sick with worry about COVID. He's using his new coping skills and is back outside playing soccer with his friends.

with mental health care designed specifically to help struggling youth. With the guidance of a trained and caring treatment team, Julio soon learned to calm his anxiety before it made him sick.

While initially very shy and anxious, Julio soon became engaged in all the fun new activities. He learned to

He now uses these healthy coping skills without prompting.

"Before summer break, I was taking deep breaths, I could eat my lunch comfortably, my stomach wouldn't hurt, I could play with my friends, and do my schoolwork," says Julio.

Before, Julio wouldn't even play soccer with the neighborhood kids for fear of getting sick from COVID.

Now, Julio is attending school regularly and playing with his friends again. He is happier, more engaged and motivated today because of you!

"I now use calming techniques like deep breathing, mindfulness, positive affirmations/self-talk."

Julio, age 9

calm his anxiety with deep breathing, mindfulness, positive affirmations, and even playing with slime!

Holiday gifts needed for local children

You can help make a child's wishes come true!

The holidays are coming up fast and children are busy making their holiday wish lists. But too many families are still struggling to make ends meet.

Parents are worried. How do you tell your child there will be no holiday gifts this year?

Local families are struggling to keep up as the prices of groceries, gas and rent continue to soar. Parents are working hard to put food on the table but there's nothing left for extra expenses, not even for the holidays.

Your donation of just \$50 or more today will provide gifts and other needed resources to make a child's holiday wishes come true.

What's more, **your donation by November 15th will be doubled** thanks to a special



Your donation today will provide gifts and other needed resources to make a child's holiday wishes come true.

\$5,000 matching gift!

In addition to gifts, your donation will provide other important resources for the holidays like groceries, blankets, heaters, and warm pajamas. The things that help a child feel cozy and safe.

Remember, your gift doubles if received by November 15th! Please give generously today to help make a child's holiday wishes come true!

**Matching gift expires
November 15th!**

URGENT: Holiday Gifts match donation!

☒ **Yes, Erin!** I want my gift **DOUBLED** to provide gifts and other needed resources to make a child's holiday wishes come true! Enclosed is my gift of:

- ☐ **\$50**, which **DOUBLES** to \$100 to provide holiday gifts for 2 local children
- ☐ **\$75**, which **DOUBLES** to \$150 to provide holiday gifts for 3 local children
- ☐ **\$100**, which **DOUBLES** to \$200 to provide holiday gifts for 4 local children
- ☐ \$ _____ which **DOUBLES** to provide holiday gifts for as many children as possible!

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Give online at www.CommunitySolutions.org