

# SOLUTIONS

See how your generosity helped local families and individuals in crisis! Summer 2023

## 6-year-old Olivia was afraid to go to class

**Thanks to you, she just completed the school year successfully!**

6-year-old Olivia was so afraid of her class's teacher's aide that she refused to go to school. By the time we met her, she had missed months of school.

Her mother, Rosa, learned to homeschool Olivia but didn't know what else to do. "It was so hard not knowing how to help her," she said.

Thanks to you, when Rosa reached out for help, Olivia was able to get the early mental health care she needed. With new skills and the support of her care team, Olivia returned to school and completed the year successfully!

It turns out Olivia was experiencing a fear of the unknown, which showed up at school. "While Olivia wanted to attend school, she felt she wasn't capable of doing so, due to her fear," says her case manager, Carly.



*Your support provided Olivia with the early mental health care she needed to overcome her fear of school. Her mom, Rosa, thanks you!*

With Carly's guidance, Olivia learned skills to better regulate her emotions. She enjoyed making bracelets as a calming skill, creating a positivity jar to increase her self-confidence, and learning to advocate for herself.

Olivia thought she was ready to go back to school in early January but quickly felt overwhelmed. With Carly and Rosa advocating

for her, Olivia was allowed to return to school for half days. Feeling less rushed, she was able to ease back in and eventually return full time.

While Olivia reports occasionally feeling nervous at school, she now has the skills to self-regulate and control her emotions.

Thank you for helping Olivia overcome her fear and gain these lifelong skills!

**"We are very grateful, we felt lost before."**

Olivia's mother, Rosa

## FROM THE CEO



*Erin O'Brien  
President & CEO*

### Thanks to you, they were not alone!

Everyone struggles with crises in their lives. Thanks to you, families and individuals in our community do not have to go through these times alone.

Olivia, Rosa, Jorge and Maria initially felt alone and overwhelmed by the challenges they faced.

But you made sure they were not alone. Your support gave them the people, services and resources that could help.

I hope you see in their stories the profound difference your generosity has made for so many families and individuals in our community.

Thank you!

## Thank you for giving Jorge a second chance

**For the first time in his life, Jorge felt that people cared about him**

**"I** was extremely lonely, angry and deep into my addiction to alcohol," says 26-year-old Jorge. He was in and out of the hospital almost every weekend, had lost his job, and was facing issues with the law. Jorge was very depressed and considering suicide.

Thanks to you and your support, Jorge finally received the comprehensive mental health care he needed. He was diagnosed with bipolar disorder and PTSD, and received treatment for these conditions as well as for his alcohol addiction.

Jorge began receiving outpatient care but his treatment team quickly saw that he needed more help. In short-term residential care, he was able to stay sober and focus on his mental health. Therapy, case management and medication support helped stabilize his mood while he learned new, healthy strategies to better manage his mental health.

"I learned that people do care about me and that I am not alone. I now do not feel judged or embarrassed to ask others for help and understand how to use community resources," says Jorge.

Thanks to you, Jorge is now sober, happy and feeling thankful for what he considers a chance at a new life. He is looking forward to using what he has learned to help others.



*Your support helped Jorge get the mental health diagnosis and care he needed for a second chance at life.*

## Maria was new to the U.S. when she was sexually assaulted

### Thank you for giving her safety, care and connection

Maria was in the U.S. only 10 months when she was sexually and physically assaulted by a co-worker. Though she reported the assault, Maria was afraid to accept help because she was undocumented. She felt all alone and very scared.

Thanks to you and your generosity, Maria was connected to a team of compassionate sexual assault advocates who provided a confidential space where she eventually felt safe enough to share.

Your support provided peer counseling, therapy, court accompaniment, and even financial support to help Maria get back on her feet.

Despite assurances of confidentiality, Maria was initially afraid to share or trust the help she was offered due to her immigration status. But her advocate didn't give



*Your support provided Maria with a caring advocate specially trained to help survivors of sexual assault. Thanks to you, Maria is no longer alone and afraid; she feels empowered and confident instead!*

up. She checked in with Maria regularly and slowly built a rapport. And she sat with Maria in court for every hearing as her case proceeded.

When Maria was laid off from her job shortly after the assault, her advocate connected her to a housing program for assistance with rent and bills as well

taught her that she is not alone and that it's okay to receive help.

Initially timid and afraid to speak up, Maria is now motivated, empowered and confident in her own skin. She will speak up and not stay quiet when something is not okay.

Thanks to you, Maria is no longer alone and living in

**"[I learned] there are people out there who really want good for you and who want to help you succeed."**

Maria, sexual assault survivor

as workshops for budgeting and other life skills.

Maria says the program

fear. You helped her reclaim her sense of safety and her life!



## Back-to-school supplies needed for local children

The first day of school is coming up fast and local kids need backpacks and school supplies. But too many families are already struggling to make ends meet.

Parents are wondering, do they buy groceries to fill their kids' tummies? Or the supplies their kids need to show up for school ready to learn?

Families are struggling to afford the high costs for groceries plus rising rents. They may be putting food on the table but there's nothing left for additional expenses, such as back-to-school supplies.

**Your gift of \$30 today will provide a local child with a new backpack stuffed with essential school supplies.** That's an incredible gift you can give a child ... and a struggling parent!

Your donation will provide a child with a brand new backpack filled with pens,



*Your gift will provide a local child in need with a new backpack full of the essential school supplies they need to return to school ready to learn.*

pencils, paper, binders, glue sticks and so much more – all the school supplies required by local schools and everything a child needs to be ready to learn.

Anything you can give today will help a child return to school prepared to learn. And it will ease the burden on a hard-working parent.

**Please give before August 1st to help one or more children start the school year with the supplies they need to succeed!**

## My gift to provide back-to-school supplies for a local child!

☒ **Yes, Erin! Please use my gift to provide a new backpack filled with essential school supplies to a local child who needs help. Enclosed is my gift of:**

- ☐ \$30 to provide a new backpack filled with essential school supplies to 1 child
- ☐ \$60 to provide new backpacks filled with essential school supplies to 2 children
- ☐ \$90 to provide new backpacks filled with essential school supplies to 3 children
- ☐ \$ \_\_\_\_\_ to provide backpacks with school supplies to as many children as possible



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