

SOLUTIONS

See how your generosity helped local youth & adults in crisis!

Fall 2023

Andre felt trapped and hopeless

Thank you for helping him escape the "bubble" that was his anxiety

Andre's anxiety was so intense that he didn't want to leave the house. He says he felt "trapped" and that his life was "a bubble I couldn't escape."

Andre stopped going to school and avoided any social interactions aside from his mother. "[I was] in and out of the hospital and lost hope for living," he says.

Thanks to you and your support, when Andre's mom reached out for help, Andre was able to get the intensive mental health care he needed right here in our community.

At first, Andre's anxiety was so bad that he even avoided his treatment team. It took several months for him to meet with them face to face, instead of by phone or Zoom.

In therapy, Andre learned to recognize and redirect



Thanks to you, Andre no longer feels trapped by his anxiety. Your support gave him the mental health treatment he needed to face and challenge his negative thoughts and to reengage in life outside his home.

his negative thoughts. He learned healthy coping skills to help him stay calm when anxious, including positive affirmations and words of encouragement.

With the support of his team, Andre engaged in gradual exposure, starting with short walks around his neighborhood, then working

up to making small talk with people, going to the park, and eventually achieving his biggest goal yet – going to Great America!

Thanks to you, Andre is more hopeful and relaxed today. While he still has some challenges, he has returned to school and work, and he feels the worst is behind him.

"Most importantly, I'm talking to people outside my bubble and looking forward to what the future has for me." – Andre, age 18

FROM THE CEO



Erin O'Brien
President & CEO

You changed their lives with the gift of mental health care

So many of the youth and adults we care for face mental health challenges that prevent them from fully engaging in life and with the world around them.

Thankfully, your generosity has already provided life-changing mental health care and support services to so many individuals—like Andre, Christina, and Jim, to name just a few.

With the gift of mental health care, you've given them the ability to live full lives again and the tools they need for continued mental wellness.

Thank you!

A blue ink handwritten signature, appearing to read 'Erin O'Brien', with a long horizontal flourish extending to the right.

Christina thought she had lost everything

With mental health care and survivor services, you helped her rebuild her life

Christina fled her abusive husband leaving behind their home, business and, reluctantly, her two daughters. She'd been the sole target of abuse and, without a home or income, she knew she couldn't provide for her girls.

What followed was a long court battle, including restraining orders, a foreclosure, and visitation courts. Christina was left reeling. "I was not emotionally stable, and I was confused on how I was going to get my life together," she says.

Thanks to you and your support, when Christina Googled "mental health care" what she found at Community Solutions was so much more.

Christina received mental health treatment for severe stress, domestic violence support services, a referral for housing assistance, and even gifts for her daughters through our Holiday Giving Program.

Christina is now focusing on the positive, instead of being angry about her past. "I am taking it one day at a time with a positive attitude," she says. She is employed, has her own apartment, and has extended visitations with her daughters while she continues to fight for 50-50 custody.

Thank you for helping Christina get the care and resources she needed to rebuild her life free of violence.



Your gift of mental health care and survivor support services helped Christina rebuild her life.

Homeless and addicted, Jim didn't think he was worth helping

Thank you for believing in Jim until he could believe in himself

"I was homeless, sleeping on the sidewalk," says 52-year-old Jim, "I didn't eat, and I was on the most amount of drugs." He was also struggling with untreated mental health and medical conditions.

Though he was offered housing and mental health care, Jim struggled to engage. "I just couldn't understand why they chose me to help, so I didn't take it so serious," he says.

Thanks to you, Jim had the support of a mental health treatment team who just wouldn't give up on him.

"As a case manager I just wanted to believe in him so he could start believing in himself," says his case manager, Tara. "I think it's working," she adds.

Tara's ultimate goal was to build a trustworthy



Thanks to you, Jim is housed, drug-free, and engaged in his mental and physical health care. Today he knows he is worth taking care of himself.

rapport with Jim. She was persistent, with frequent home visits and phone calls to provide support and hold Jim accountable.

"Jim thrives when somebody shows genuine interest, is consistent, and just shows up," she says.

To help Jim maintain his housing, Tara engaged in, modeled, and encouraged

"Jim is the best tenant and the nicest guy. I wish all of my tenants were as flexible and forthcoming as he is."

Jim is happy and engaged today, checking in with his case manager multiple times per week.

"I am worth taking care of myself today, because I am more responsible like that," he says.

"This program means my life. If my story can help somebody else, then I want to help."

— Jim, age 52

a positive relationship with the property management.

Today, Jim's landlord says,

Thank you for caring for Jim and helping him see his own worth!

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 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 with soaring rents and the high cost of groceries. Parents are working hard to make ends meet but there's nothing left for extra expenses, not even for the holidays.

A donation of just \$50 or more today can 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 \$5,000 matching gift!



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

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

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:

- ☐ **\$25**, which **DOUBLES** to \$50 to provide holiday gifts for 1 local child
- ☐ **\$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
- ☐ \$ _____ which **DOUBLES** to provide holiday gifts for as many children as possible!

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Give online quickly, easily and securely now by visiting www.CommunitySolutions.org