



Community SOLUTIONS

See how your generosity helped local adults and youth in crisis! Spring 2024

On the streets, Kary felt lost and less than human

Thank you for giving her kindness, respect, mental health care and a safe home

Kary was homeless, addicted to meth, and surviving on the streets as a transgender prostitute. “I was treated less than human, and I also felt like I was less than human,” she says. “I was lost ... Community Solutions found me.”

Thanks to your generosity, Kary received the help of a compassionate treatment team focused on her safety and well-being. Your support provided her with therapy, medication, advocacy, housing support, and more.

“Community Solutions brought their team and gave me a therapist and case manager, and got me permanent housing and away from my harmful past,” says Kary.

Kary struggled at first, missing therapy sessions and support groups. “But Community Solutions gave



Your support provided Kary with the mental health care and housing support she needed to be able to get off the streets. Thanks to you, she now feels cared for and valued by the community!

me patience, openness, kindness, and mutual respect, and allowed me to be myself. I got comfortable with time and was able to open up and trust their recommendations.”

Kary learned to manage her mental health symptoms and developed healthy coping skills to process her trauma and life stressors. “I know

that I have a safe space to go to and gain awareness of my symptoms, process my feelings and thoughts, and learn to cope,” she says.

“[Today] I go to church, volunteer, hangout with my friends, and hold a temporary job. I am clean, sober, employed, connected to my community, and want to pay it forward,” says Kary.

“I can overcome challenges with the help of good people and a community.”

Kary, age 51

More stories about your generosity inside >>>

FROM THE CEO



Erin O'Brien
President & CEO

Your generosity and care made the difference!

Most people feel anxiety or depression at some point in their lives. But for some people, mental health issues can be life-altering.

Kary, Matilda and Mia each felt overwhelmed and isolated by their mental health challenges.

But thanks to you, they were not alone with their struggles. You made sure they received the care, support and services they needed to heal.

Your generosity and care have made such a difference for so many individuals and families in our community. Thank you!

Abuse left Matilda feeling like everyone was against her

Thank you for helping this mom heal and reengage with her family and her life

25-year-old Matilda had just escaped emotional, psychological and physical abuse from her ex-partner. Now, she was constantly worried something bad was going to happen. She couldn't concentrate or sleep.

"I was very defensive, I felt like everyone was against me. I felt like there was something wrong with me," she says.

Thanks to your support, Matilda had a team of caring advocates ready to help her with legal advocacy, therapy services, and much more.

Matilda says therapy taught her, "How to manage my anxiety, depression, and challenge my thinking errors. I have learned that I have control of my life and any situation."

"Before, Matilda wasn't able to participate in any social gatherings due to her anxiety, and this year she was able to enjoy and celebrate her son's second birthday party with family and friends," says her therapist.

Today, Matilda is more self-confident, smiling and full of life. "I was able to recover my own self, my power and my family," she says.

Thank you for helping Matilda heal from violence and approach her new life with confidence.



Your support provided legal advocacy and therapy services to help Matilda heal from abuse and reengage in her life.

Mia was trapped by her mental illness

Thank you for freeing her to live again

Mia was in her first year of college when she went from being a high functioning, straight-A student to being in a catatonic state.

She experienced obsessive-compulsive disorder (OCD) behaviors that kept her trapped in her room for days on end with little food or water.

Thanks to you and your support, when Mia reached out for help, she got the mental health care she so desperately needed. She was able to address her childhood trauma and learn healthy ways to cope with stress and depression.

Mia grew up the seventh of ten children, home schooled, and with very little exposure to the outside world. She was subjected to psychological and sexual trauma, and she learned to survive by disassociating and going inside herself.



Thanks to you, Mia received therapy and learned healthy ways to cope with her stress and depression. She is making a new start in life and looking forward to her future.

By the time she made it to college, Mia was experiencing depression, extreme vigilance, anxiety, OCD behaviors, and isolation. She had difficulty trusting others and frequently relived her childhood trauma.

In therapy, Mia learned healthy ways to manage her depression and respond

as grounding, relaxation, breathwork and self-regeneration techniques. Most importantly, she learned to love herself.

Mia completed her second year of college with honors and moved cross-country for a new start in life. She is pursuing a phlebotomy program with the goal of becoming a pharmacist.

"I am free to live because of seeking mental health services at Community Solutions."

Mia, age 20

to stress. She replaced old ways of coping, such as OCD behaviors, with healthy new skills, such

Thanks to you, Mia is now looking forward to creating a "fulfilling life, worth loving."

Your help needed for local families in crisis

Your urgent gift can provide safety & care for a family today!

As you read this, our domestic violence hotline is ringing with pleas for safe shelter. Parents are desperately seeking help as children and teens report depression, anxiety and thoughts of suicide at alarming rates.

On top of this, soaring rent prices are forcing parents to choose between paying rent or buying groceries to feed their kids. Local families and children are facing homelessness and hunger.

But you can help!

Your donation of just \$43.54 can provide one day of safety and care for a family or individual who is hurting right now.

Your gift will provide things like emergency shelter, life-saving mental health care, groceries, rent support, and more -- the things a struggling family needs to survive.



Your gift will provide a local family or individual in crisis with safety and care, including safe shelter from violence, mental health care, groceries, and more.

That's an incredible gift you can give to a local family who is hurting right now!

Please help today by sending 1, 2 or even 3 days of safety and care to help a local family or individual in crisis.

Your gift of just \$43.54 can provide one day of safety and care for a local family in crisis!

My special donation to help a local family in crisis!

Yes, Erin! I want to help a local family in crisis and support all the critical work of Community Solutions. Enclosed is my gift of:

- \$43.54** to provide 1 day of safety and care for a local family in crisis
- \$87.08** to provide 2 days of safety and care for a local family in crisis
- \$130.62** to provide 3 days of safety and care for a local family in crisis
- \$ _____ to provide as many days of safety and care as possible for a family in crisis

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Give securely online at www.CommunitySolutions.org