

Community SOLUTIONS

See how your generosity is making a difference in our local community!

Fall 2025

Maria is done walking on eggshells

Thanks to you, she can live her life without fear today

For 10 years, Maria's husband controlled every aspect of her life. To even consider making her own decision was dangerous. She says it was like "walking on eggshells."

"I felt lost, hopeless, and I did not know that there was help for me and for women like me dealing with an abusive partner," she says.

Thanks to you and your generosity, Maria was able to get the support she needed to regain control of her life, find lasting safety, and heal from the years of abuse.

When Maria was referred to us by the local police, she was immediately assigned an advocate who supported her with peer counseling, safety planning, legal advocacy, and more. She also engaged in therapy to focus on her healing and recovery.

Maria felt worthless at first,



Your support provided Maria with a caring advocate, safety planning, legal advocacy, and much-needed therapy to help her heal from years of abuse. Thanks to you, she is safe and able to speak for herself today.

that her emotions didn't matter. Sometimes she'd skip therapy just to avoid sharing her feelings. Her therapist focused on building Maria's coping skills. They practiced during every session so Maria could use her new skills in the week ahead.

As she learned to express herself, Maria also slowly

regained power and control in her life. "Therapy has helped me learn how to live with challenges in my life and find those solutions," she says.

Thanks to you, Maria is safe and more confident today. She speaks up for herself and knows that her voice matters. What a gift!

"[The] program for me is very important because it ... showed me the path of how to believe in myself when no one did."

— Maria, age 33

More stories about your generosity inside >>>

FROM THE CEO



*Erin O'Brien
Chief Executive Officer*

You matter to our community!

With so much turmoil in our country and around the world, you may feel overwhelmed, exhausted or just powerless in the face of so much pain.

But I want you to know that you are making a difference here and now in our local community. Thanks to you, children, adults and families in crisis are getting the support they need to heal and thrive.

Maria, Christen and Braelyn are just a few of the individuals who have found safety, health and healing thanks to your compassion and support.

Thank you for making such a difference here at home!

Safely home from the streets

Thanks to you, Christen is housed and finally receiving the mental health care she needs

With severe paranoia and auditory and visual hallucinations, Christen, now age 33, existed in her own reality for many years and self-medicated through substance use. She lived in a tent by the creek, where she was both physically and sexually assaulted.

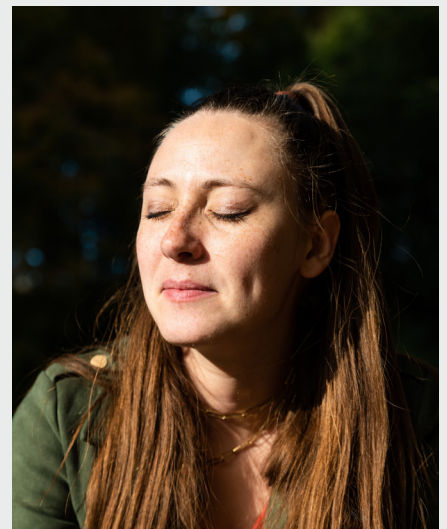
Christen was eventually placed on a psychiatric hold, then hospitalized due to severe self-neglect. On release, she was referred to our Intensive Case Management program for mental health care and supportive housing services.

Thanks to you, Christen was finally able to get the mental health care and substance use treatment she needed, including access to psychiatric care and medications.

At first, Christen didn't trust people and found it difficult to hold a conversation. However, she appreciated how her treatment team showed up for her consistently, even when she was struggling.

When Christen was evicted from her housing and relapsed into substance use, her treatment team did not give up on her. Instead, they helped her find a new placement and continued to provide her with support and services.

Christen is housed and has over a year of sobriety. She feels good to be on her own again and continues to grow in mental health treatment. "Time heals all wounds," she says.



With appropriate mental health care, substance use treatment and housing support, Christen is thriving today. Thank you!

Braelyn is a proud college student today!

Thank you for helping her find her way after foster care

"I was late for junior year and getting out of foster care," says 17-year-old Braelyn. "It was a difficult time going back with my mom; [we] shared a room, shared a bed."

As Braelyn transitioned back to living with her mom, she struggled to set goals for herself and to balance school and life.

Through your generosity, Braelyn was able to get the extra support she needed through our Independent Living Program. The program promotes life skills to help youth involved in foster care successfully transition to independent living and self-sufficiency.

At first, Braelyn thought, "here's just another new person [in my life]," so why bother? She wasn't motivated to engage and didn't return calls.

But her advocates kept reaching out, working to build rapport through Braelyn's favorite things,

like getting Starbucks or going for a drive. Often, they just listened. Feeling heard and supported, Braelyn started to respond.

With support from the program, Braelyn earned her driver's license/ID. She explored employment options, wrote a resume, and learned about banking. She also received incentives for reaching her goals, including a laptop and gift

card upon graduation from high school.

This fall, Braelyn moved away to attend college where she plans to pursue a



Braelyn is now self-motivated and reaching the goals she sets for herself, including graduating from high school and going to college.

degree in cosmetology with a minor in business.

She is proud of where she is today. "[I'm] setting goals for myself, reaching them and looking into the little

"[I'm] setting goals for myself, reaching them and looking into the little things that matter."

- Braelyn, age 17

things that matter."

Thank you for helping Braelyn become the young woman she is proud to be today!

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 just to make ends meet.

Parents are worried. How do you tell your child there will be no gifts for the holidays 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 help make a child's holiday wishes come true.

What's more, **your donation before November 20th will be doubled** thanks to a special \$5,000 matching gift!



Your donation today will provide gifts and other needed resources to help 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 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 20th. Please give generously today to help make a child's holiday wishes come true!

**Matching gift expires
November 20th!**

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 quickly, easily and securely online at www.CommunitySolutions.org