

In the past year...

July 1, 2021 - June 30, 2022

1,451

clients were served



42,120

case management and **counseling hours** were provided to our clients across the agency, promoting **independence, well-being** and **self sufficiency**.



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564

clients were served in our **Safe Parking Program**, an **18% increase** over last year.



120

clients were housed or **prevented from eviction** across our housing programs.

128

housing-assisted clients **obtained** and **retained employment** and other income.

Helen's Story - Safe Parking Program

Helen*, age 71, became homeless after her employed boyfriend of fifteen years passed away and the rent on their trailer became financially unmanageable. Additionally, she had health issues that required numerous medications and she did not have any immediate family members in her life. The combination of medical expenses and trying to hold onto their apartment consumed the small amount of savings they had been able to accumulate.

Helen was self-employed as a housekeeper for most of her adult life, and her Social Security payments were minimal, so her only alternative was to begin living in her car, an older model two door sedan. She moved from neighborhood to neighborhood, seeking a safe place to sleep, constantly being forced to leave each area. She lived in fear for her safety as she digressed into worse and unsafe areas to spend the night. She dreaded the time change because the darkness would come earlier, accompanied by her fear of living alone in her car.

When she learned about the Safe Parking Program, she was still apprehensive as she thought it couldn't be true. As a participant, she had to provide proof of a current driver's license, registration, and auto insurance, which she had kept current. Our program allowed her to sleep in a safe area, so that she no longer had to seek safe neighborhoods to park her vehicle in overnight.

**Name has been changed to protect client confidentiality.*



337

veterans served
through our Veterans
Program last year.

\$ 636,420

**was provided in temporary
financial assistance to house people**
in the **Safe Parking** and **Veterans**
programs this past year.

480



low-income families and individuals
received mental health services from
our low-cost, sliding scale Community
Counseling Center.

52

community members were
served through our **Life**
Skills Parenting & Education
Program.

Jesse's Story – Veteran Services

Jesse began with New Beginnings in 2018, as an Army veteran who had lost his way. He was attending Veterans Treatment Court and had become homeless. As a part of our Support Services for Veteran Families Program (SSVF), we attend court sessions and follow up with our Veterans after they have met with the judge to help them become aware of our programs. Something the judge said resonated with Jesse; 'Veterans are trained not to ask for help.'

At the time, he was under the influence of drugs. After one week of sobriety, he reached out to our program and said, 'I need help.' Jesse was in a difficult situation; he did not have anywhere to go except to return to the streets and didn't know where to turn. He wanted to get his life back on track but needed help locating appropriate and available resources.

Jesse fully participated in all our programs, one step at a time. Each small success brought him closer to the self-knowledge that he could achieve his goals and regain his quality of life. Fast forward to today. Jesse started his own hauling business and has one employee, two trucks and a large trailer for more significant hauling needs. He is happy, content, and productive and shared that the values he learned in the Army resurfaced and continue to guide him today.





Victoria's Story – Life Skills & Counseling

Victoria*, one of our clients, is in a residential and social service program for families experiencing housing insecurity, along with her two young sons, Justin* and Jason*. She is a single mother, works two jobs, and struggles with completing day to day tasks, providing parental support for her sons both mentally and physically. She found herself depressed and unable to handle daily responsibilities such as going to the store for groceries, making the beds, washing her children's clothes. Additionally, her sons were beginning to develop negative and difficult behavior problems, which she did not know how to handle, let alone keep herself on task.

She prioritized and made time to participate in our 12 session Life Skills Parenting Group where she learned essential grounding exercises and practiced them weekly to improve her parenting skills and her relationship with her children. Additionally, throughout the twelve weeks, she learned how to better engage in self-care activities, including the importance of getting enough sleep, keeping a schedule, eating regular meals at reasonable times, and engaging in physical activity each day. She evolved into a more confident and skillful parent and person. She realized the positive impact her lessons had on her parenting skills and her ability to deal with typical daily situations in a productive manner.

Consequently, her sons' behavior issues improved as did her outlook on herself and her future. Her mental and physical health upgrades paid dividends in her daily life and activities.

26

Volunteer
Counselors

6

Volunteer Clinical
Supervisors

EVERY BRILLIANT THING



Thank you to all those who attended our Annual Benefit held in September. We are grateful for your support.

OUR PROGRAMS

**Donald J. Willfong Community
Counseling Center**

**Life Skills Parenting and
Education Program**

**Safe Parking Shelter and
Rapid Rehousing Program**

**Supportive Services for Veteran
Families Program**

NEW BEGINNINGS helps build a stronger, more resilient community by ensuring that anyone can access quality, affordable mental health care and by providing **overnight shelter and housing opportunities to individuals, families, and veterans experiencing homelessness.**

We continue to expand our impact each year as the need for our services grows. **Please consider supporting our work by making a tax-deductible donation today.** With your support, we will continue to grow and provide more opportunities for our neighbors to thrive!

You can donate by sending in the attached envelope or by making an online donation at www.sbnbcc.org/donate/

Thank you for your generosity and partnership!



NEW BEGINNINGS



SUPPORTIVE SERVICES FOR VETERAN FAMILIES PROGRAM (SSVF)

Our SSVF Team operates from a Housing First Model

to promote housing stability amongst low-income veteran families.

We implement our goals by providing case management services and financial assistance to veteran families who need help retaining permanent housing or who are currently homeless.

This past October, New Beginnings' veteran services staff members attended the annual Veterans Stand Down to connect with veterans experiencing homelessness. Being out in the field meeting veterans where they are at has been essential for the program's success. New Beginnings had a record-setting year serving veterans and has served close to 2,000 veterans since the program began in 2013.



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324 East Carrillo Street, Suite C, Santa Barbara, CA 93101
805.963.7777 x112 www.sbnbcc.org