



Board members helping staff distribute food to our senior clients.

During the earlier days of the pandemic, New Beginnings focused on addressing food insecurity and set up a bi-weekly food distribution site for four months. We also moved approximately 50 medically-vulnerable clients into motels and continued to operate all of our programs. For our counseling center, we transitioned all of our clients to our telemental health platform, met all fee reduction requests associated with job loss, and offered our services at no charge to first responders.



NEW BEGINNINGS

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In the past year...

July 1, 2019 - June 30, 2020

1,566

clients were **served**
across our four programs.



23,007

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



NEW BEGINNINGS



600

clients were served in
our **Safe Parking Program**



154

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

51%

of the **unsheltered homeless**
in Santa Barbara County are
living in their vehicles.



Del's Story – Veteran Services

Del is a WW2 and Korean War veteran who moved from San Diego to Santa Barbara to temporarily live with his son in a small studio apartment. Del is 91-years-old and moved in with his son due to declining medical conditions. For a number of reasons, Del was forced to move out of the apartment and had less than a week to find housing. He was living on a fixed income and had very limited financial resources. However, Del's son saw a commercial about our veterans program and reached out to staff to see if we could help house his father. Within a week, we identified a unit in a senior community. We provided financial assistance so that Del could afford the unit, purchased furniture, and moved Del into his new apartment.

Del was in awe as the apartment was larger than one he had ever lived in. After moving in, one of our staff members visited him on multiple occasions to ensure he was thriving in his new home. Del is one of the sweetest men you'll ever know and spent hours talking to our staff member about his experience serving in the military and about his life. We are grateful that we could help Del at such a vulnerable moment in his life and helped ensure he is safe and has shelter. We wish him the best and are appreciative we could help serve a WW2 and Korean War veteran.

277

Veterans and their families were served through our Supportive Services for Veteran Families (SSVF) Program.

\$581,325

was provided in temporary financial assistance to house people in the Safe Parking and SSVF programs this past year - a **51%** increase over last year.

568



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

1,813

meals were distributed to 201 of our clients from March to July.



David's Story – Housing Assistance Services

David was recently housed after having experiencing homelessness for forty years. The day he found out he had received a voucher and would be housed for the rest of his life, David discovered he had an advanced stage of cancer. David lost all hope, went back to his encampment, and resigned himself to dying there. Our staff would not allow that to happen. One staff member dressed into full PPE to rescue David and help him carry his belongings to a temporary shelter at a motel. Another staff member negotiated with a landlord and secured an apartment just blocks away from a treatment center.

David was experiencing severe depression, as a result of his prognosis, and it was challenging to even convince him to continue fighting and to move into the new unit. However, he says that he found his energy as a result of observing the caring nature of our staff. We moved David into the new unit, and with the help of donations we received from the community, we fully furnished his apartment and created a beautiful home. Our staff successfully encouraged David to seek treatment for his cancer. Currently, he is receiving treatment for his cancer and is hopeful that he will have many more years to live. Our staff will continue to be there for David and provide housing retention services to ensure that David succeeds in his new home.



Jasmine's Story – Life Skills & Counseling

Jasmine* is eight months pregnant and lives in a group home for pregnant women. She enrolled in our Life Skills Parenting and Education Program, which New Beginnings offers at no charge to women living in the group home. Jasmine has a history of multigenerational trauma and has been incredibly anxious about the damage she could potentially inflict on her child. Before joining the parenting group, Jasmine was fearful that she would not be a good mother. However, since joining the group, Jasmine has made incredible progress and has learned how to establish healthy attachment with her baby. Her entire attitude about being a mom has changed. Jasmine has participated in individual counseling as well, where she has learned coping strategies that have helped her reduce her anxiety and address the trauma she has experienced in her life. Jasmine knows that she has a long road ahead of her, but she says that she now has the motivation and the confidence to make changes in her life and stop the multigenerational cycle of trauma.

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

36

Volunteer
Counselors

14

Volunteer Clinical
Supervisors



OUR PROGRAMS

Community Counseling Center

Life Skills Parenting and
Education Program

Safe Parking Shelter and
Rapid Rehousing Program

Supportive Services for Veteran
Families Program

NEW BEGINNINGS ensures that everyone in our community can access affordable mental healthcare and that individuals, families, and veterans experiencing homelessness can stabilize and move into permanent housing.

Our services are needed now more than ever. We are here in the community to provide everyone with the opportunity to start a new chapter in their life.

Today, please consider a tax-deductible donation and fill out the attached envelope or donate online at www.sbnbcc.org/donate/

Thank you for your generosity and partnership!



NEW BEGINNINGS