

Fall 2016

NBCC News



Salute to Congresswoman Lois Capps

Henry Waxman pays tribute to Lois Capps

It is my profound pleasure to pay tribute to my friend and colleague Lois Capps as she finishes her tenure in the United States House of Representatives. In the 17 years we served together, Lois was one of my closest friends and allies. Together on the Energy and Commerce Committee, Lois and I pushed through some of the most important health care and environment legislation of our time.

Lois' background in nursing proved invaluable time and again as we fought to improve the health care system, but it was her unyielding commitment to universal health care access that moved me, and propelled ideas through committee and into law. Lois is unapologetic in her belief that everyone should have access to

the care they need, regardless of the person's income or the nature of that care. Women in particular have Lois to thank, from her tireless efforts to preserve reproductive rights in the face of a stream of unending anti-choice legislation, to simply ensuring women are represented in clinical trials.

Her compassion, particularly to those populations too-often overlooked by our society and institutions, was one of the reasons I knew I could leave Congress when I did; even though there was still much work left to do, I knew Lois would be there to carry on the fight. I was comforted to know that our public health and our public lands were still in her hands.

Of course, now that I've been out of Congress for two years, I don't blame Lois for joining me in retirement! Not that people like Lois ever truly retire. I'm confident that she will continue as I have, fighting for positive change from the outside. I'm also confident that her congressional legacy will live on, not only in whatever she decides to pursue post-public life, but in the work of all of the people she has inspired.

Henry Waxman

Former Representative from California's 33rd District

For more news on the Lois Capps event, see page 5...



Message from Executive Director, Kristine Schwarz

Dear Friends,

While reading over the content for this quarter's newsletter, I was acutely aware of how much caregiving our staff and volunteers do. I then began to think about what it means to be a caregiver, and how to define caregiver. When we hire people at New Beginnings, it's as case managers, program coordinators, counselors, and supervisors; and upon inspection, I realized that not one job description lists "caregiver" as a task or responsibility. Yet, the endless responsibilities of a caregiver are assumed as being necessary in each of these positions. It turns out that at New Beginnings, caregiving is simply something that comes along with the job; just something our staff and counselors do naturally.

New Beginnings' staff and volunteers help and protect our many clients in countless ways: with obtaining housing, finding shelter, navigating bureaucracy, or by simply listening. We don't think of ourselves as caregivers; and as counselors, case managers, and housing specialists, we battle the inequities our clients face every day alongside them. We bear witness to their emotional, mental, and at times physical struggles and experience the same helplessness they feel. We often cannot make their difficulties go away, all we can do is advocate with the tools and the resources we have available to us. We fight the urge to give up, even though we know there are few options available.

Over time, I have discovered, all you need to do as a caregiver is to show a little compassion, take a little time, and do what you can to ease the burden and better the life of the individual or family you are helping. Even then, the best and most rewarding part of the service we provide often cannot be seen or even touched. And this is what caregiving truly means.

-Kristine



We reach
more than
300
people
every week

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Now, when you shop on Amazon for every day essentials or holiday gifts, Amazon will give back 0.5% of your total purchase amount to your preferred charity. Simply shop online at smile.amazon.com to get the same great prices and shipping while supporting New Beginnings. To sign up to donate to New Beginnings, search for "Carrillo Counseling Services Inc" in the charity selection box on smile.amazon.com. When you make a purchase, check out on smile.amazon.com and New Beginnings will receive a donation from Amazon!

Changing Lives Gala

Join us on **Thursday, September 29th**, for our annual **Changing Lives Gala**, where this year we will honor **Gary and Mary Becker** with the 2016 Community Champions award at the enchanting El Encanto Hotel in Santa Barbara, California.

Last year the Gala sold out, so don't delay in purchasing your tickets or a space in our tribute journal. Ticket cost is \$150. For tickets and more information, visit www.sbnbcc.org/events.

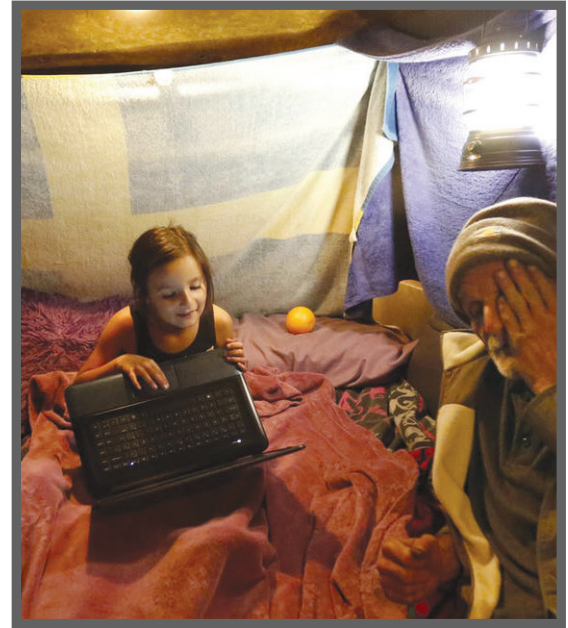


Our Safe Parking Program™ is a Media Phenomenon!

Our Safe Parking Program™ has been fielding calls from many publications and media outlets to be included in their segments. In the past few months alone, Safe Parking has appeared in a *Los Angeles Times* article, been the feature story of an episode of KCET's *SoCal Connected*, and most recently, our Safe Parking Program Coordinator Cassie Roach was interviewed for NPR's *All Things Considered*. Cities large and small from all over the nation are studying our program as a pilot to start a similar program in their own cities. Our Safe Parking staff work hard in this innovative program, but the guidelines of federal grants for programs serving the homeless have not kept up. Since the parking lots we utilize are not technically considered shelters, our Safe Parking program does not qualify for much government funding. That is why we rely on grants and donations from supporters like you to help our clients access resources, obtain employment, and transition into permanent housing. Our Safe Parking budget for the 2016-2017 fiscal year is currently \$90,000 underfunded, which severely limits our ability to help our Safe Parking clients step out of poverty. Consider donating today, and help us change lives, one person at a time.

- \$25 Food or Gas Card for a Safe Parking Client
- \$75 Rental Housing Application Fee for a Client
- \$100 One Month Storage Unit Rental for a Safe Parking Client
- \$250 Mileage for One Month of Lot Monitoring
- \$500 Food and Gas Cards for 20 Safe Parking Clients
- \$1,250 One Porta-Potty Rental for a Year
- \$2,500 Security Deposit for Apartment Rental for Family of Four
- \$5,000 One Parking Spot for an Entire Year (Insurance, Bathrooms, Gate Locks and Keys, Milage, Parking Monitor)
- \$25,000 Pay for an Entire Month's Operating Costs of the Safe Parking Program

To make a donation, please fill out the included envelope or visit www.sbnbcc.org/help-nbcc. Thank you!



This dad and daughter are housed through the **Safe Parking Program™**

(Photo Credit: Genaro Molina / Los Angeles Times)

Counseling Clinic Welcomes New Interns

With the turning of seasons comes the beginning of a new school year, which for New Beginnings Counseling Center means an influx of new counselors, fulfilling their intern hours with New Beginnings. Clinical Director Jenn Paul is pleased to bring on eight new interns in September, which means our counseling clinic will be able to intake an additional 60-70 clients in the next few months. With growing waiting lists at agencies across the County, we are so happy to be able to extend our services to so many more individuals in need.

Our counseling clinic is always on the lookout for quality interns and supervisors. If you are interested in volunteering one hour a week to supervise a master's level or doctoral intern, please contact our Clinical Director, Jenn Paul at (805) 963-7777 x125

Small Victories *Recognizing each step towards success*

My job is not glamorous. As Program Coordinator and Case Manager of the Supportive Service program at the Housing Authority of the City of Santa Barbara, a program run by New Beginnings Counseling Center for the past 8 years, I go into the homes of our most vulnerable neighbors, offer to walk with them through some difficult problems and times, and get an intimate view at what life is like for that person.

Many of our clients are working families, many are disabled and suffer from a physical or mental illness, and many are retired seniors, but across the board, they are all poor.

Every day our clients face the very real trauma of living in poverty and being bombarded with threats of utility disconnection, eviction notices for late rent, unpaid bills, or an inability to offer a balanced meal to their family. These are not clichés; these are very real, repeated struggles that build on each other. Late fees, overdraft fees, and inflexible work and child care hours are all small aggressions from a system that punishes people for being poor.

It's easy to be disillusioned working in social services. It's easy to get swept up in the system and find fault in the process. When every step feels like an uphill battle, it's easier to assume that this time will be like the last time, and not put the effort into trying it again. And as challenging as it can be for providers, it is significantly more difficult for our clients. It is in these exact moments, when everything seems harder than it should be,



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that the small victories become so important.

Small victories. These are the bright moments of success that are so often ignored, overshadowed

*...tired of fighting
to get her needs met,
even when the cost
was her own well-being.*

by the daunting tasks still left to complete, or the seemingly endless stream of “no” answers. These are the moments that give us hope and return us to clarity when the process seems so murky. It is our job as advocates to shine light on these small victories for our clients to keep them moving forward. Small victories not only serve the client, they serve the community.

That long call to the insurance company requesting a generic form of the prescription saved a 73-year-old woman \$5 a month. Victory! She now has \$5 more to spend at the grocery store, and needs \$5 less from the foodbank.

Did that parent go to bed this evening feeling supported and cared for? Victory! The next day, he found the energy to clean his home and sweep off his porch. The neighbors noticed the improvement.

The mini grant we wrote to cover the application fee for a unit was approved, allowing a disabled woman to apply for a new apartment after she received notice to move, simply because the owner was no longer accepting Section 8 vouchers. Victory! The woman got the apartment and there is one less person sleeping on the street tonight.

The small victories add up, too. For almost as long as my colleague, Alejandro, has been working with New Beginnings, he has been working with a client named Janice*. Like many others, Janice, disabled and without family in town, was tired of fighting to get her needs met, even when the cost was her own well-being. Visit after visit, Alejandro patiently formed a relationship built on honesty and trust with Janice. Victory! When Alejandro learned she was six months behind on her rent and possibly facing eviction, he helped

her open a bank account and budget to catch up. Victory!

When he first met Janice, she was very tired, almost immobile and she was a heavy smoker. Alejandro soon came to find out that this client had not seen a doctor in over five years! This was very concerning due to her very limited mobility and her heavy smoking. She put up a lot of initial resistance but eventually Alejandro managed to convince her to go to the doctor. The first trip was very difficult. She could not go up or down the stairs and would need to stop and sit after walking only 10 feet or so. Even the doctors were surprised to see her. They scheduled follow up visits and prescribed her many medications. Now, she can walk up and down the stairs without having to stop and catch her breath. She is also able to walk much, much further than before. Janice now lives with significantly less pain, is more mobile and independent, and happier than she has been in years. Life changing victory!

New Beginnings has countless small victories every day. Sharing the important stories of helping someone off of the streets or out of their cars into homes of their own tells of the glamorous side of the job. But the not-so-glamorous parts, the small victories, mean just as much. And more often than not, those small victories add up to big victories, and lives are changed, one at a time, for the better.

– Lesley Wilson, MA, LMFT
Program Coordinator and Case
Manager Supportive Services for The
Housing Authority of Santa Barbara

**Name has been changed to protect
confidentiality*



Salute to Congresswoman Lois Capps

On Sunday, July 17th, New Beginnings paid tribute to Congresswoman Lois Capps. Lois is an ardent supporter of our community, advocating for issues ranging from healthcare and women's rights to serving veterans and the homeless. It was our pleasure to host Lois and her family along with her friends and supporters at El Paseo for an afternoon filled with food, friends and fun. The program opened with a presentation of the colors from the Vandenberg Air Force Base Honor Guard, and musical tributes from Chloe Redit and former Police Sergeant David Gonzales. We heard tributes from Senator Hannah-Beth Jackson, Former President Bill Clinton, United Way CEO Paul Didier, Mayor Helene Schneider, Councilmember Cathy Murillo, and Lois' children Laura and Todd Capps. Also in attendance were Lindsey Baker, Kathleen Baushke, Rinaldo & Lalla Brutoco, Mickey & Dick Flacks, Katy Graham, Stan and Betty Hatch, Judith Hopkinson, Vijaya Jammalamadaka, Bruce McRoy, Phyllis de Picotto and Stan Roden, Jean Schuyler, Betty Stephens, Assemblymember Das Williams, Supervisor Janet Wolf, and many more. We had a great time and hope you did as well!



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Women Empowered

The Life Skills and Parenting Education program at New Beginnings Counseling Center just completed their first Women's Empowerment Group, a six-week group whose focus was to support women by offering a safe and contained space to share their past and present situations and their hopes for their future. The group members bonded over their similar backgrounds and throughout the weeks shared stories of how they had persevered through some very challenging times. The participants found that being in a circle of all women was incredibly healing for them, and enabled them to offer support to each other, letting them know they were not alone. The witnessing of and support for each other's journey made the discussions meaningful and authentic. There was a subtlety of shared respect, admiration, and love for what it takes to be a woman in society, especially a woman who has experienced so much adversity in regards to race, socioeconomic status, and growing up in an unsupportive home environment.

Each week's meeting followed a different theme that connected the women through a powerful group discussion. Topics included

self-esteem, body image, building relationships, and developing healthy habits to enhance a sound mind, body, and soul. The group members learned tools for managing stress, arranging time in their lives for self-care, and processing the stages of grief. One member shared, "I enjoyed how the facilitator asked our opinions on the hot topics and what we thought could add to our growth, that was really powerful." And another member shared, "I was able to talk about my past and present life situations and how to deal with them. I learned I was not alone and others had been through similar situations." With the support by the outreach team of the Housing Authority of the City of Santa Barbara, we were able to host the group in a therapeutic and healing space. Due to the overwhelming positive reports from this program, the Life Skills Parenting and Education program at New Beginnings is planning on offering this group on a quarterly basis.

– Melissa Axell
Program Coordinator
Life Skills Parenting and
Education Program

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Veteran services groups work together to house Veteran

The Supportive Services for Veteran Families (SSVF) Program at New Beginnings Counseling Center is proud to play a role in helping homeless Veterans in our community find a place of refuge that they can call home. SSVF is a housing first program that is funded by the VA and it is the mission of our staff to rapidly transition into housing those Veterans that find themselves homeless. Often, the clients we work with find themselves homeless through little fault of their own and experience a number of barriers when trying to obtain housing such as a lack of financial resources, less than perfect credit, or inconsistent rental histories. Our staff partners with landlords who are willing to help us house a Veteran that is in need of our short term financial and case management assistance in order to help them and their families achieve stability and security in their lives. We are also honored to partner with many agencies in Santa Barbara that we can rely on to close the gap when it comes to welcoming a Veteran home and ensuring that he or she has the necessities needed to live and the unconditional support of peers and positive influences to ensure that they achieve their goals.

In mid-August, we were able to assist a 44-year-old Veteran that had been struggling with homelessness for a number of months. He served honorably in the United States Navy and he was very grateful to finally find a place of his own in South Santa

Barbara County. There was just one problem – he had no household goods for his new and unfurnished home. We decided to send out an e-mail to community agencies via “Vet Net” to seek collaboration in obtaining these items. Vet Net was established by Arlene Stepputtat, of Visiting Nurse and Hospice, and Hazel Blankenship, of the Pierre Claeysen’s Veterans Foundation, over two years ago. It is not only an opportunity for agencies and individuals to network and share their service offerings with one another, it continually enhances the continuity of support we offer Veterans in our community by becoming a life-changing “safety net” in the lives of those it impacts. We had everything on the list in a mere matter of hours after the initial e-mail was sent out and more kept pouring in from both individuals and agencies. Many opened their hearts and their resources to make sure that this Veteran had everything he needed to transform his new place into a new home. And I mean EVERYTHING including a new bed, toiletries, cleaning supplies, kitchen appliances, bedding, dishes, towels, gift cards for groceries, and even a framed copy of one of his favorite movie posters!

Each and every donated item was most appreciated and needed and the coming together of each individual that showed up, many of them fellow Veterans, and all of the agencies represented at this “homecoming” was phenomenal and exemplified the definition of what it means to support

those that have sacrificed so much for our freedom. Our SSVF office is grateful for the support of everyone who contributed and I am honored to call them my friends. We would like to personally thank these awesome angels for their outstanding efforts in support of this event: Paula Michal and her family; Terence Ford and the Fellowship of Brothers; Hazel Blankenship and the Board Members of Pierre Claeysen’s Veterans Foundation; Arlene Stepputtat of Visiting Nurse and Hospice; Officer Craig Burleigh of SBPD Restorative Policing; Joshua “JT” Thomas and Heather Gratt of PATH Santa Barbara; fellow NBCC SSVF team members, Emily Halpin and Ivan Meza, and every single member of Vet Net that answered our call to help. Looking ahead, I am nothing but excited at the prospect of what all of us can accomplish in the coming months as we continue to help more Veterans find their way home in our county and to connect them with extraordinary individuals and agencies that truly show up when it matters the most. It makes all the difference.

– Tracie Gunderson, *Vet Net Advisory Board Member; Outreach Coordinator and Lead Case Manager of Supportive Services for Veteran Families at New Beginnings Counseling Center*

If you would like to learn more about our SSVF Program or Vet Net, please contact Emily Halpin at 805.963.7777, ext. 176.



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Caring for the caretakers



The Safe Parking Program™ shelters people from all ages and walks of life, including this client, a former caregiver for the elderly who is now elderly herself, and who had “no other place to go.”

(Photo Credit: Genaro Molina / Los Angeles Times)

With Your Help New Beginnings is Changing Lives and Strengthening Families One Person at a Time