



Several New Beginnings staff at our *Celebrating 50 Years of Service* with Harrison Ford, September 2018

**New Beginnings Counseling Center (NBCC)** is a non-profit community agency that provides mental health counseling and supportive housing services to low-income families and individuals. Our mission is to provide quality, affordable counseling, shelter, case management, and education that strengthens our Santa Barbara community and gives our clients the means to lead healthy and productive lives.



NEW BEGINNINGS  
COUNSELING CENTER

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# In the past year...

# 1,733

**clients** were **served**  
across New Beginnings  
four programs.



# 18,292

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



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# *Safe Parking Program® & Housing Services*



# 529

**clients** were **served** in  
our **Safe Parking Program®**  
for persons living in their  
vehicles.



# 144

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

# 21%

of our Safe Parking **clients**  
were **over** the age of **63**.

## *Veterans Services*

# 241

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

# \$272,263

was provided in temporary financial assistance to **house people** in the **Safe Parking** and **SSVF programs** this past year - a **91% increase** over last year.

# 61%

of our **veteran** clients reside in **North County**.

# 39%

of our **veteran** clients reside in **South County**.



## *Nick's Story - Veterans Program*

Nick, a 28 year old army veteran, was unemployed and recently expelled from the apartment he shared with the mother of his child. Homeless with no safe place to live, Nick was referred to New Beginnings' Supportive Services for Veteran Families (SSVF) program. Right away his SSVF case manager reserved him a bed at a local shelter. He qualified for Department of Social Service (DSS) assistance - only a couple hundred dollars a month in unemployment and less than \$100 in food stamps.

With his case manager's help, he applied for subsidized housing and searched for employment online to match his skills and experience. He got a full time job in security and went from earning \$0/month to \$2300/month after a few months on the job. While he made income, most went toward back child support making it difficult to save for a housing security deposit. Our SSVF program helped with his deposit and sourced the VetNet network for donations to furnish his studio.

His daughter is able to now stay with him as he has a permanent safe place to live.



## *Becca's Story - Safe Parking Program®*

Becca is a disabled senior living on a fixed income of less than \$1,000 per month and often affected by depression, anxiety, and PTSD. Originally joining a friend in the Safe Parking Program® who resided in an RV, staff connected her with physical and mental healthcare and subsidized housing waitlists. Sadly, when Becca's friend suddenly passed away last May, staff ensured her access to grief counseling and a local shelter. Despite support, Becca's mental health rapidly deteriorated, she lost touch with the program and we feared the worst.

Remarkably, in a few months she returned to the Safe Parking Program® where staff immediately reengaged her. After years of instabilities in temporary transitional housing and on the street, Becca was finally offered subsidized housing through County Housing Authority. The Safe Parking Program® paid her security deposit to ensure a fresh start – in her own studio.

Today, Becca is settling in to her new home and a warm bed at night. Her anger and despair have subsided and her spirit is now more positive and even joyful.



## *Diego's Story - Counseling Services*

When Diego came to New Beginnings he was engulfed in deep depression. After a serious work injury, he lost his career in construction and was unable to enjoy his beloved long bike rides up Gibraltar Road. He started drinking to cope with his hopelessness. While his wife was pleased to support their family financially, Diego continually argued with her. Some days he didn't get out of bed, wondering if his family would be better off without him.

Realizing his destructive dark thoughts could end his life, Diego reached out and has been working with a counselor for nearly a year. He is processing grief around his career loss and considering fresh ideas for reentering the workforce. Now, Diego finds joy in cooking to feed his family and creativity. He walks every day outdoors, focusing on gratitude.

# 30

Volunteer  
Counselor **Interns**

# 12

Volunteer Licensed  
**Supervisors**





## NEW BEGINNINGS COUNSELING CENTER

provides counseling, shelter and assistance to veterans and vulnerable members of our community.

Your support helps change lives, one person at a time, through:

- Low cost counseling
- Access to healthcare and benefits
- Housing assistance
- Safe parking for the homeless

Today, please consider a tax-deductible donation. Simply fill out the attached envelope or donate online at [www.sbnbcc.org/help-nbcc](http://www.sbnbcc.org/help-nbcc)

*Thank you for your generous, life-changing support.*



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