



*New Beginnings staff and volunteers with the cast of Food and Shelter at the agency's annual fundraiser, November 2019*

New Beginnings is a non-profit community agency that provides mental health counseling, education, and supportive housing services to low-income families, individuals, and veterans. Our mission is to provide quality, affordable counseling, shelter, case management, and education that strengthens our community and provides our clients with the ability to lead healthy and productive lives.



NEW BEGINNINGS  
COUNSELING CENTER

324 East Carrillo Street, Suite C, Santa Barbara, CA 93101  
805.963.7777 x112      [www.sbnbcc.org](http://www.sbnbcc.org)

# In the past year...

# 1,552

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



# 15,851

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



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# 522

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



# 167

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

# 42%

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

# 250

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

# \$384,204

was provided in temporary financial assistance to **house people** in the **Safe Parking** and **SSVF programs** this past year - a **41% increase** over last year.

# 673

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



# 91%

**of our income** goes directly to **program-related expenses**.



## *Wayne's Story – Veteran Services*

Wayne, a US Navy veteran, was struggling with undiagnosed mental illness while caring for his wife, who was battling cancer. These pressures led to Wayne losing his job and eventually his housing. Wayne had no choice but to sleep in his vehicle with his wife and six-year-old son. Wayne re-located his family to Lompoc to live with his wife's mother and look for employment. In February, Wayne was referred to New Beginnings' Veterans Program. By March, New Beginnings identified a two-bedroom apartment for Wayne and his family. Wayne knew that to be able to hold a job and serve as a role model for his son that he would need to seek treatment for his alcohol dependency. One day after moving into the new unit, Wayne started a residential treatment program.

While in treatment, Wayne was diagnosed and sought treatment for his mental illness and physical disability that stemmed from his time in the military. As Wayne's goal was to find a job upon returning home, he enrolled in the Goodwill Workforce Program. Wayne returned home in late June and began working as a Peer Support Specialist at the Veterans Center. In September, he became certified as a VA Homeless Peer Support Specialist. He will soon begin working for AmeriCorps, continuing his commitment to helping fellow veterans and homeless individuals become connected to services that empower them to turn their lives around.



## *Ron's Story - Safe Parking Services*

Ron was living in his vehicle, working two jobs as a delivery driver in Isla Vista, and was also very passionate about making his community a more beautiful place for residents. Ron was referred to New Beginnings' Safe Parking Program to receive help in finding housing. Within two weeks, New Beginnings built a new partnership with a landlord who felt comfortable renting a unit to Ron because he had temporary financial support from New Beginnings. New Beginnings was also able to help Ron with financial planning and helped him to create a budget for himself so he could gradually build up his savings.

Once rehoused, Ron stabilized and has continued to contribute in a phenomenal way to the Isla Vista community. He has helped to grow Isla Vista Community Services District's Beautification Program. Referred to as the "Isla Vista Beautiful", the pilot program allows residents to report graffiti, vandalism, and other obstructions. Ron helped to launch the program and has overseen the completion of nearly 350 cleanups since its inception. The program has now been extended another year. Ron continues working with New Beginnings to ensure he retains his housing and has the resources he needs to succeed in his endeavors.



## ***Krista's Story – Counseling Services***

Krista\* is a teenager who enrolled in therapy at New Beginnings because she was having unexplained panic attacks at school, and as a result, failing at her classes. Krista's relationships also began to become impacted as she became increasingly isolated from her friends and family. As a student, she did not have money to spend on counseling and came to New Beginnings because of its affordable sliding scale. During therapy, Krista revealed that her mom had passed away a few years ago. Krista's therapist helped her to identify that this loss had been one of the reasons why she was having panic attacks, taught her coping strategies, and helped her to gain a better understanding of how her grief was impacting her behavior. After six months, Krista's panic attacks have stopped, she is earning straight A's in school, and is developing healthy friendships. She looks forward to applying the lessons she has learned through counseling in other aspects of her life.

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

# 36

Volunteer  
Counselor **Interns**

# 14

Volunteer Licensed  
**Supervisors**





**NEW BEGINNINGS COUNSELING CENTER**  
provides counseling, shelter, and housing assistance to low-income families and individuals in Santa Barbara County.

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

- Low cost counseling
- Intensive case management
- Housing identification and assistance
- Safe overnight shelter for the vehicular homeless

## **OUR PROGRAMS**

**Community Counseling Center**

**Life Skills Parenting and Education Program**

**Safe Parking Shelter and Rapid Rehousing Program**

**Supportive Services for Veteran Families Program**

Please consider a tax-deductible donation and send in the included envelope or donate online at

[www.sbnbcc.org/help-nbcc](http://www.sbnbcc.org/help-nbcc)

*Thank you for your generosity and partnership!*



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