

NEW BEGINNINGS COUNSELING CENTER
324 EAST CARRILLO STREET, SUITE C
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IN MEMORIAM

It is with a heavy heart that we share the passing of former New Beginnings Clinical Director, Dr. Beverly Schydrowsky.

Beverly's incredible service to the Santa Barbara community included serving as the Clinical Director at New Beginnings Counseling Center (then called Santa Barbara Counseling Center) for nine years. While at New Beginnings, Dr. Schydrowsky initiated the successful Senior Peer counseling program, which evolved to be the current Center for Successful Aging.

Clinical Director, Barbara Sheffield, remembers, "She was a wise woman, and skilled clinician and teacher, who gave a lot to the community."

Donations in Beverly's honor are being accepted at The Santa Barbara Village, please call (805) 729-5038 or visit www.sbvillage.com.

MARK YOUR CALENDARS

New Beginnings Counseling Center

proudly presents the

Changing Lives Gala

in celebration of

Hon. Susan Rose & Allan Ghitterman

Thursday, October 8th, 2015

NEW HAPPENINGS

NEW BEGINNINGS COUNSELING CENTER

SPRING/SUMMER 2015

"GENTLY LOVED" ACCESSORIES PROVIDE A NEW BEGINNING

NEW this year, the New Beginnings Counseling Center Accessory Pop-up Boutique sale created a fun and inviting way for community members to become involved with the center. Thanks to a generous donation of space by INVESTEC, Inc., New Beginnings hosted a retail event on April 25th at 626 State Street where new and "gently loved" accessories found new homes in the community. Both new and existing friends of the center donated hats, purses, jewelry, belts, wallets, sunglasses, and more; while center staff and volunteers dressed up as boutique "shop girls", giving the event class and a unique vibe.

All proceeds from the event went to benefit the programs and services of New Beginnings, and the sale was such a success that New Beginnings is already planning its next boutique! The sale served not only to raise money for the center, but also to build awareness of the challenges of mental health and homelessness in the Santa Barbara community, and expand the number of friends in the community who know and care about the life-changing work of New Beginnings Counseling Center's five programs.

Looking to clean your closet? New Beginnings will be looking to re-stock inventory for the next accessory boutique sale, so call or come by with your new and gently used accessories (such as purses, wallets, hats, jewelry, belts, scarves)! Please no clothing or shoes. All donations are tax deductible. **Questions?** Contact (805) 963-7777 x112. development@sbnbcc.org.



WOMEN'S FUND GRANT CHANGES LIVES



RECENTLY New Beginnings was honored to receive a grant by the Women's Fund of Santa Barbara in support of NBCC's Safe Parking Program. The Women's Fund endeavors to provide resources for programs who serve the critical needs of women, children, and families in Santa Barbara County.

Already the funds have begun to make an important impact in the lives of Safe Parking clients by funding the salary and benefits of one additional case manager and providing rental assistance for programs clients. In cooperation with numerous local faith-based organizations, government and non-profit agencies, and area businesses, the Safe Parking Program repurposes existing community resources and provides a safe place to park at night for individuals and families forced to live in their vehicles.

Front row (left to right) Fran Forman, Community Action Commission; Kristine Schwarz, New Beginnings Counseling Center; Kathleen Baushke, Transition House. Back row Debbie McQuade, Sarah House; Michelle Graham, Children's Resource & Referral; Lizzie Rodriguez, Conflict Solutions Center; Annmarie Cameron, Mental Wellness Center

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NBCC ACCOLADES

CONGRATULATIONS to Tracie Gunderson, Case Manager and Outreach Worker for the Supportive Services for Veteran Families Program at New Beginnings, for receiving the Military Order of the World Wars Silver Patrick Henry Medalion! This award is one of the highest military honors a civilian can receive for outstanding contributions to patriotism.

Tracie works tirelessly to support veterans who have lost their housing or are at risk for becoming homeless, and this award could not be more deserved! "I am thankful that I have been blessed with this opportunity to fill the gap that exists when a Veteran is discharged from active duty.



Whether they are still trying to transition to civilian life from serving in Vietnam or Afghanistan, I've been honored to help veterans in our county find a place to call home, obtain VA benefits, and offer advocacy on their behalf in the courtroom."

From left: Brigadier General USMC (ret.) Commander of MOWW - Colonel George C. Woolsey; Erika Brittain, Community Engagement Coordinator; Tracie Gunderson, Case Manager & Outreach Worker; Hazel Blakenship, Pierre Claeysens Veterans Foundation; Officer Burleigh, SBPD Restorative Policing Unit.

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ALUMNI CORNER

ARE you or someone you know a former NBCC counselor, board member, or staff member?

We are looking for you!

Whether you just completed your term of service with us or have been away from the center for 20 years, we would love to reconnect with you.

Please contact Erika Brittain at ebrittain@sbnbcc.org or (805) 963-7777 x128 so that we can keep in touch.

Coming soon:

NBCC Alumni networking event reception!

THANK YOU!

THANK you to the foundations who supported our work in the community this past fiscal year. Through their dedication and generosity, these incredible foundations have helped thousands find a new beginning!

Alice Tweed Tuohy Foundation • The Coeta and Donald Barker Foundation
Change a Life Foundation • Latkin Charitable Foundation • Lehrer Family Foundation
Santa Barbara Foundation • St. Francis Foundation
Stepanie L. Lancaster Charitable Foundation • Towbes Foundation
Williams-Corbett Foundation • Wood Claeysens Foundation

WE NEED YOU

ACCESSIBLE, low cost counseling centers and homelessness support services are essential for those without financial means, private insurance, or government aid. The services provided at New Beginnings respond to an urgent and unequivocal need for shelter and emotional support for residents in our community who might not otherwise have access to care. New Beginnings partners with key agencies and organizations to provide evidence-based support to Santa Barbara's most vulnerable residents at a fraction of the cost.

But we cannot do it without you.

In order to continue this essential work in the community, we must ensure two critical factors. First, we must recruit and retain a stellar roster of counselors and clinical supervisors, thus guaranteeing the high caliber of our programming. Second, we must remain accessible to everyone who needs our support and help, regardless of financial circumstance.

Achieving these goals requires community support. That is why I am asking you to volunteer your time as a counselor or clinical supervisor or to make a gift today. Whether it is a dollar or a million dollars, **what you do here matters.** To make a gift visit sbnbcc.org, call 805-963-7777 ext. 112, or mail it to New Beginnings at 324 E. Carrillo St., Suite C, Santa Barbara, CA 93101.

A PLACE TO CALL HOME

NELLY is quick to offer you the only chair in her house as soon as you step through the front door. She'll ask you more than once if you would like a drink of water, and apologizes that she does not have anything else to offer you. I join her on the floor of her living room and have to lean in close to hear her quiet voice as she tells me how nice it is to sleep in her own home and not on a bunk bed at the shelter, even though she only has an air mattress at this point. I watch her eyes move to the bug bites she acquired at the shelter that have not quite healed, and see her relief knowing she will not have to deal with them anymore.

Nelly, widowed and disabled, appears much older than she is, no doubt the consequence of her rollercoaster life full of high highs and lower lows that somehow lead her to being homeless at 65 years of age. She is matter of fact about everything, glossing over the struggles she battled, breaking down only when she talks about the home she owned in Santa Barbara that was taken from her by a fire years ago.

Nelly has been supported by the Housing Authority of the City of Santa Barbara with a Section 8 voucher since 2003. She had been living in the same one bedroom apartment for 12 years when she received her 90 day notice to vacate. There was no reason for the notice listed, as Nelly had been a great tenant. Nelly was being

asked to leave because in this difficult market, the landlord knows s/he can get significantly more money for the modest property. This financial decision is the reason the majority of the clients I am working with currently are facing homelessness.

Nelly and I looked for months before finding a place for Nelly to call home. It is not perfect- its upstairs which is challenging for her physical disabilities, and it is close to

the freeway which produces significant noise and dust- but Nelly chooses to focus on the positive things and the fact that she gets to call it hers. New Beginnings has been able to connect her with resources for furniture, utility assistance programs, in home supportive services, and supplemental food and clothing resources. She is also working with a volunteer NBCC counselor to process the trauma of homelessness.

When approached about being the topic of an article, she had no hesitation. Nelly knows that more attention needs to be brought to the housing challenges running rampant in Santa Barbara. And she asked that I

share my mantra which she found especially helpful when faced with so many landlords refusing to accept people with subsidy assistance – **"It only takes one person to say 'yes' for you to be housed."**

– Leslie Wilson, MA, LMFT
Supportive Services Case Manager

***All names have been changed to protect privacy.*



SAFE PARKING PROGRAM MOTHER'S DAY EVENT SUCCESS

THE New Beginning's Safe Parking Program's Mother's Day event was a fabulous success! The Church of the Beatitudes brought joy to the women of the Safe Parking Program by catering a delicious luncheon and art-themed party. The event encouraged lively conversation and creative expression. The success of the program in creating community and warmth could be felt in the beauty of the cards the women created for their own mothers, daughters, sisters and friends. A huge thank you to The Church of the Beatitudes and Mary Brittingham who so generously donated the funds to purchase art supplies. We look forward to hosting more events in the future and are always open to suggestions and community sponsors who feel inspired to help.

