



Community SOLUTIONS

See how you made a difference for kids and teens in crisis!

Summer 2021

Already struggling, COVID left them homeless

Thank you for helping Adam find a new home!

9-year-old Adam was struggling. "I was a bad kid and if someone got me mad I would get really angry and throw things at you and everywhere," he says.

Then Adam's mom, Lea, got sick with COVID and couldn't work. Unable to pay rent, they stayed with family, then in their car, and sometimes in various motels. "Our life was scary," says his mom.

Thanks to you, Adam not only got the help he so desperately needed, his family got a new home too!

You gave this little boy the safety, stability and consistent support that changed his life.

Adam had been described as hyper, uncontrollable, defiant, irritable, and inattentive. "People kept saying he was a bad kid and it was hard finding someone to support him," says his mom.



Thanks to you, Adam and his mom finally have a safe place to call home again. And Adam even has his own bedroom!

But your support provided a whole team ready to help with everything from therapy and psychiatric care for Adam to parenting support for his mom.

When his mom got sick with COVID, Adam's team got them motel vouchers and helped with the paperwork so his mom wouldn't lose her job. They connected the family to a housing program

for homeless children and provided the deposit so the family could move into their new home. Adam now even has his own bedroom!

Thanks to you, Adam is so much happier today! He can express his needs without yelling or throwing things. He even helps his mom with household chores without being asked.

"You guys are wonderful and we would not be here today without you! Thank you!"

- Adam and Lea

FROM THE CEO



*Erin O'Brien
President & CEO*

I can see your invisible cape!

You may not realize the power of your kindness and caring. But I get to witness it every day. And let me tell you, it's pretty amazing to see the everyday impact of your generosity.

Families and individuals in our community continue to struggle daily with the impacts of COVID, sexual assault, domestic violence, mental illness, and more. But your generous support makes their recovery possible!

I hope you enjoy the stories I've chosen for you, because I see you as the superhero in each of them!

A blue ink handwritten signature, appearing to read 'Erin O'Brien', with a stylized flourish at the end.

"I was pretty lonely because I didn't have an outlet"

Thank you for giving Mario a safe place to talk about the horror he lived through

"I was present at the Gilroy Garlic Festival in 2019 when the shooting happened," says 17-year-old Mario. "It was pretty lonely because I didn't have an outlet to express how I was feeling. I was isolating, having trouble falling asleep, trouble focusing in school and even understanding myself for what I was feeling."

Thanks to you, when Mario's worried parents reached out for help, it was available right here in our community. Mario is feeling happy with his life today and that's because of you.

After the shooting, Mario found it difficult to be around groups of people, at school or in social settings. He was feeling hopeless, struggling to focus, and having thoughts of suicide.

Your support gave Mario access to psychiatric care and therapy where he finally felt safe to talk about what he witnessed that day and the feelings of nervousness, fear, and anxious moods that persisted.

Thanks to you, Mario went from being lonely and isolated, to generally feeling happy with his life. "I am talking more now," he says. "I used to hold things in and not tell anyone what I was feeling. I was stuck in a negative cycle."

You truly changed Mario's life by giving him a safe space to talk through the trauma he witnessed that day.



Mario is feeling happy with his life today and that's because of you.

The biggest battle you helped her win

15-year-old Vanessa tells you her survivor's story

"My life was nothing," says Vanessa. "I felt like my life was falling apart ... like I wasn't going to get out of the hole that the perpetrator put me in. This was my neighbor that hurt me, he was one of the kids' dad.

Before getting help, my mindset was very blank. I felt lost and also felt like my whole world was spinning like a tornado that seemed to be everlasting. The way I viewed myself was chaotic, lost and a mess.

When I first started my sessions, I was very mad, sad, confused, unmotivated, and I also felt guilty because I thought things were my fault. Now I know that I never asked for any of this. And I know that none of us did. It wasn't our choice although it should've been.

Later on I started to do self-care through art with a group of welcoming and not



Your support gave Vanessa much-needed counseling, legal support and advocacy. Thanks to you, she's now turning her anger into artwork.

judgy people. They never forced us to share, it was always optional.

With the help of my therapy and peer counseling, I found meditation, breathing exercises and journaling as an outlet for stress and anger. I found many other positive outlets for me to use such as reading, painting, and now poetry to help express myself in the moment and to not bottle up my emotions.

The Battle by Vanessa
The biggest battle you'll ever have Will shock you
Not because of the subject And not because of the people you think will be there
But because the only person you're battling Is yourself

Before, my anger used to get the best of me so I would act on my emotions and then later regret it and think of the ways I could have done things differently.

It's hard for me to express my gratitude with words to this program but I hope everyone who is going through or has gone through something like me, **I hope you'll find this program as helpful and amazing as me."**

Back-to-school supplies needed for local children

The first day of school is coming up fast and local kids need backpacks and school supplies. But too many families are already struggling to make ends meet.

Parents are wondering, do they buy groceries to fill their kids' tummies? Or the supplies their kids need to show up for school ready to learn?

This is one of the ongoing consequences of the pandemic. Families who have lost all or part of their jobs have less money. They're putting food on the table but there's nothing left for additional expenses, such as back-to-school supplies.

Your gift of \$30 today will provide a local child with a new backpack stuffed with essential school supplies. That's an incredible gift you can give a child ... and a struggling parent!

Your donation will provide a child with



Your gift will provide a local child in need with a new backpack full of the essential school supplies they need to return to school ready to learn.

a brand new backpack filled with pens, pencils, paper, binders, glue sticks and so much more – all the school supplies required by local schools and everything a child needs to be ready to learn.

Anything you can give today will help a local child return to school prepared to learn. And it will ease the burden on a hard-working parent.

Please give before August 10 to help kids start the school year with the supplies they need to succeed!

My gift to provide back-to-school supplies for a local child!

Yes, Erin! Please use my gift to provide a new backpack filled with essential school supplies for a local child who needs help:

- \$30 to provide a new backpack filled with essential school supplies for 1 local child
- \$60 to provide new backpacks filled with essential school supplies for 2 local children
- \$90 to provide new backpacks filled with essential school supplies for 3 local children
- \$ _____ to provide backpacks with school supplies for as many children as possible

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Give online quickly, easily, and securely now by visiting www.CommunitySolutions.org