



# Community SOLUTIONS

See how your generosity helped local youth in crisis!

Summer 2024

## Ophelia survived strangulation but still hurt inside

**Thank you for giving her a safe space to work through her pain and begin to heal**

Just 15 years old, Ophelia is a survivor of intimate partner abuse, sexual assault and strangulation.

“My life was toxic, gray, and I was in limbo. I didn’t want to tell anyone or talk to anyone,” says Ophelia. “My school staff discovered my injuries and called the police, I was taken to the hospital. Then I stopped going to school.”

Thanks to you and your generosity, when Ophelia reached out for support, a caring advocate was available and ready to help her. Your support provided her with peer counseling, safety planning, legal advocacy, and more.

Though she walked into our office seeking help navigating the court process against her abuser, Ophelia quickly found a safe place to express and work through



*Your support provided Ophelia with a caring advocate trained specifically to help survivors of abuse and assault. You helped her regain a sense of safety and control over her life. Thank you!*

the trauma she experienced. She shared that her painful history of abandonment as a child and fear of losing someone else kept her silent about the abuse and assault.

In peer counseling, Ophelia felt safe to share these fears without judgment. She learned that she is in control of her life, and that neither the assault nor previous

abandonment are her fault.

She is now going to school, making friends, and doing nails on the side. “I have learned to say ‘No’ and put myself first,” she says.

Ophelia is looking forward to living life on her own terms, using her new power statement, “I’m in charge!” Thank you for helping Ophelia heal!

**"I have a long way to go, but I have learned a lot."**

Ophelia, age 15

## FROM THE CEO



*Erin O'Brien  
President & CEO*

### **Thank you for caring for youth in our community!**

As a parent myself, I know that the challenges kids and teens face are sometimes much bigger than what we, as parents and caregivers, can handle on our own.

But thanks to you, children, teens, and families can get the extra support they need right here in our community.

Ophelia, Gabriel and Dorthy are just a few of the youth who have benefited greatly from your generosity.

Thank you for helping so many kids and teens in our community heal, grow and thrive. You've given them a gift that will last a lifetime!

## Learning to talk potty

### **Thank you for helping Gabriel overcome his fear of the bathroom and finally embrace potty training**

**5**-year-old Gabriel was so afraid to use the bathroom that he would hold his poop for days. He even ended up in the ER for constipation.

His parents worried that their attempts to help Gabriel use the toilet only made him more fearful. His family was missing out on family gatherings and outings due to his frequent accidents and tantrums.

Thanks to your support, Gabriel and his mother, Mila, were able to participate in our FIRST 5 program designed specifically for kiddos ages 0-5 and their caregivers. The family received the personal support they needed to help Gabriel overcome his fear.

Gabriel's therapist helped him learn to communicate about his body's needs. She helped his parents develop the tools and skills they need to understand Gabriel's behaviors and better support and motivate him.

Gabriel's parents especially appreciated being able to see or call his therapist for help whenever challenging situations arose.

Thanks to your support, Gabriel no longer fears toilets or restrooms. He now uses them at home and in public places.

And he's so proud to share that he went "poop and pee in the potty!"

*Your support provided therapy to help Gabriel overcome his fear of the bathroom and gain self-confidence.*

## Dorothy was mad at everyone

Thank you for giving her the gift of therapy

**14**-year-old Dorothy felt constantly on edge and couldn't control her anger. "Life was confusing and I was always mad at everyone, I did not know how to control my emotions and feelings," she says.

Dorothy was struggling in her relationships with her mother, father and younger brother. She sought help at her school's Wellness Center and was referred to Community Solutions for more intensive care.

Thanks to your generous support, Dorothy received much-needed early mental health care, including in-home support and therapy.

"Now that I have been seeing my therapist, life seems like I have control, and I am able to feel like I am able to share my thoughts and feelings," she says.

At times, Dorothy struggled with peers at school and with her younger brother at home. "But with the



*Thanks to you, Dorothy received therapy and learned healthy ways to share her thoughts and feelings. She feels happier and more self-confident as she sets off to high school in the fall.*

support in weekly sessions my therapist has reminded me of techniques taught in session to build more confidence in myself," she says.

Dorothy found it so helpful to receive coaching in her home environment. And she liked that she could

she expresses herself in healthy ways. Her hard work has led to remarkable improvements in her academics, and she is now preparing to embark on a new journey as she enters high school.

"Today, I am able to communicate with my

**"[My therapist] helps me view life in a brighter way so when I go home I am able to remind myself how important my loved ones are."**

Dorothy, age 14

call her therapist for help through difficult situations.

Dorothy's positive attitude now shines through as

parents much more effectively. Who would have thought this was possible less than a year ago?"

## 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 struggling to make ends meet.

Families are struggling to afford the high costs of rent, gas and groceries. They may be putting food on the table but there's nothing left for additional expenses, such as back-to-school supplies.

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?

**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 a brand new backpack filled with pens, pencils,



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

paper, binders, glue sticks and so much more – all the supplies a child needs to return to school ready to learn.

Anything you can give today will help a child return to school with confidence, and it will ease the burden on a hard-working parent.

**Please give before August 1st to help one or more children 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 to a local child who needs help. Enclosed is my gift of:

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

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Give quickly, easily and securely online at [www.CommunitySolutions.org](http://www.CommunitySolutions.org)