

NVCCSS

ANNUAL REPORT

2015-2016



NORTHERN VALLEY
CATHOLIC SOCIAL SERVICE, INC.
Inspiring Hope and Transforming Lives

Mission

Inspiring Hope and Transforming Lives

Vision

To be recognized as a catalyst for change, by providing integrated services that enhance quality of life.

Core Values

Integrity • Responsibility • Respect • Resiliency • Hope

Guiding Principles

Dignity of Human Life • Family & Community
Serving the Poor/Vulnerable • Programs for People
One Universal Family



We don't ask you if you're Catholic.
We simply ask how we can help.

Dear Friends of NVCSS...

This past year Northern Valley Catholic Social Service (NVCSS) proudly celebrated its 30th Anniversary. Three decades of serving those in need throughout the far reaches of Northern California. In a world so filled with change and uncertainty we are justly proud of this resourceful and dedicated organization which has truly stood the test of time. This past year was also The Year of Mercy, an invitation for each of us to renew our commitment to kindness, love of others, and unbounded generosity.

At NVCSS, we witness mercy in motion every day. We strive to inspire hope and transform the lives of those we serve through a variety of social and counseling services. These services include mental health counseling, wellness centers, supportive housing, teen services, immigration services, child visitation services, nutrition and exercise education, support for foster youth, and support for those seeking to return to work. We have successfully provided these essential services because of our excellent partnerships with our local counties, organizational providers, generous donors, and tireless volunteers.

We also serve with the knowledge that by helping others, we are inspired and our lives are also forever transformed.

Warm Regards,

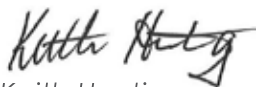


Cathy Wyatt
Executive Director

The last year was a transitional year for NVCSS with several new initiatives guided by our recently approved Strategic Plan. The Agency's purpose continues to be service to those in need with a caring and supportive hand up.

Over the last 31 years, with your support, these efforts have grown to an \$11 million dollar operation serving residents in six counties. I am pleased to report that NVCSS is stable and well-positioned to respond to our communities' needs with a strong leadership team, an immensely devoted volunteer Board, staff members who truly live our mission daily in the performance of their jobs, and an army of volunteers contributing in countless ways. All of this will be necessary as we navigate the changing tides of government programs and funding sources. We ask for your continued support and prayers.

May God bless you and this Agency now and for many years to come.



Keith Hunting
Chairman, Board of Directors



A Window into our Wellness Centers

"We offer a community of inclusion and support. We offer groups, workshops and social opportunities that enrich people's lives, and are complementary to more traditional mental health services. We know that mental illness will effect 1 in 5 people in their lifetimes, and so we believe that it is a subject that touches nearly everyone. We offer a message of hope, and several tools and supports that people have found useful as they discover their path to wellness. Our center is staffed with Peers, who are individuals who have experience living with mental illness and other life challenges, and who have found a path to wellness. One motto our peer staff live by is 'I can't walk a mile in your shoes, but I have a pair just like them.' From that human connection, great things can happen." – Jason Tate, Program Manager at Iversen Wellness & Recovery Center



THE IVERSEN JOURNAL
2016

"They are like a second family to me. They help encourage me and keep me focused."

"Being there for me. Everybody comes together, like a family, and helps each other."

How has Six Stones benefited your well-being?

"Boosted my self-esteem. Gives me a sense of worth."

"Helped me to be more confident and social. I've made new friends who make me feel like they really care."

– Members who attend
Six Stones Wellness Center



"I love getting up in the morning knowing I get to go to work at the center. Being around our members helps me so much in handling my own mental health." – Sherry, Peer Assistant at Olberg Wellness Center

"Working at the center helps me feel good about myself and what I can offer others. The center is a positive place for anyone in the community and we all need that sometimes."

– Joanne, Peer Assistant at
Olberg Wellness Center



Dignity • Potential • Wholeness • Hope • Resiliency • Confidence • Motivation

Wellness Centers

MENTAL HEALTH FACTS ACROSS THE NATION*

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

NVCSS operates Wellness Centers in Butte, Shasta, Siskiyou and Tehama Counties. These sites offer an environment of inclusiveness, recovery, and wellness to adults living with persistent mental illness. Members share their ideas to create a setting that is peer-led and agency supported.

Butte County: Iversen Wellness & Recovery Center

492 Rio Lindo Avenue, Chico • 897-3311 • Open 9am-4:30pm Mon-Fri

Shasta County: Olberg Wellness Center

2757 Churn Creek Road, Suite D, Redding • 247-3321 • Open 10am-3pm Mon-Fri

Siskiyou County: Six Stones Wellness Center

1501 S. Main Street, Yreka • 841-0810 • Open 10am-3pm Mon-Fri

Tehama County: Vista Way Wellness Center

1445 Vista Way, Red Bluff [Located inside Tehama County Health Services Agency]
529-4013 • Open 9am-12pm Mon-Fri

The CASA Impact

What impacts you most about the job you do? *This work really puts things in perspective. You hear people complain about little things that are happening to them, myself included, but when you learn about the things that these kids go through, it makes you realize that your worst day isn't so bad.*

How do you see the influence of your work in the community or with your clients? *Without having an Advocate, some of these kids would flounder in the system for years, and have not a single person to follow them through the process. Because of the CASA volunteer, these kids know they have someone in their corner and that no matter what, they can count on them when they need them.*

What inspiration have you gained through the work in your program? *Even by showing someone just a little bit of compassion, you can change their direction in life.*

An example of the impact this program can have on a child can be detailed by Ashley's story: *She's six years old and was placed in foster care at the age of 2. She has been with the same family this entire time. With the change of social workers four different times, her case kept getting postponed. The newest social worker began to discuss sending her back home – to live with her father who was still abusing drugs and living in the same situation she was removed from. If not for the CASA, Ashley probably would have been sent back – only to return to the system down the road. CASA was able to stand up for what was in Ashley's best interest, and she is now being adopted, with a continued relationship with her bio-father, by her foster parents who have been the only people she's known to take care of her.*

– Karen Schaefer, Regional CASA Program Manager



"It is such a humbling experience to see the drive and dedication that each advocate conveys when fighting to be a voice for a child in need." – Mariah, Butte County CASA Intern

#whyivolunteer



Court Appointed Special Advocates

REGIONAL OVERVIEW

NVCSS CASA serves Butte, Glenn, Shasta and Tehama Counties.



484

The number of volunteers that we have trained to help change the lives of north state children. Of these, 48 advocates were sworn in during the 2015-2016 fiscal year.



216

The number of children that NVCSS CASA volunteers served during the 2015-2016 fiscal year.



1,500

The number of children identified in our region that have been removed from their home. 209 of these children are currently waiting for a CASA volunteer.



11,804

The number of hours our dedicated volunteers spent working on their cases last year.



86,881

The number of miles driven by NVCSS CASA volunteers to visit their children.

“Being of service in the community is important to me, and I feel particularly drawn toward efforts that help keep kids safe. I’ve wanted to be a foster parent, but since my family is not in a position to bring kids into our home, being a CASA seemed to be the next best option. And it provides me with an opportunity to learn more about the needs of our community locally, and the systems currently in place to meet some of them.”

– Forrest, CASA Volunteer in Shasta County



Randy became a CASA first and Barbara thought she would help him. She then decided to go through the training herself and now shares a case with Randy. In addition to the work they do together, they both carry individual cases. Randy has become a mentor in Butte County. His perspective for other male CASA volunteers has been invaluable.

– Randy & Barbara, CASA Volunteers in Butte County

Counseling Services

How do you see the influence of your work with your clients?

I get to help clients discover their strengths and use them to make meaningful changes in their lives. I get to be someone who cares and thus helps my kiddos feel that they are worth caring about.
– John, Butte Counseling



What inspiration have you gained through the work in your program?

Knowing how we work together to make an impact on the community is very meaningful to me in my small job. Seeing others so devoted and hard workings is very moving for me.
– Lynlee, Shasta Counseling

Working with the younger population, I feel inspired that we can initiate change at such a young age to better their future as adults. We build a rapport with these children who will translate the kindness and skills we share in our sessions to their daily lives. It's been a blessing to hear how these children utilize what they've learned and experienced in the family and peer relationships.
– Anna, Butte Counseling



How do you see the influence of your work with your clients?

The work we do with probation groups helps that population learn skills necessary to improve their coping, prosocial and communication skills. Along with drug and alcohol education, we strive to help them break the cycle of addiction, abuse and maladaptive behaviors (anger outburst, self-harm, stealing and lying). We encourage them to participate in school, home, social and emotional domains. This in turn helps them raise their children without these generational patterns being passed down.
– Lisa, Shasta Counseling

The most impactful thing about the work that I do is being able to witness some of the positive and healthy changes that many of the client's and family I work with make. Seeing the small or large successes and celebrating those successes with them is a privilege. – Lisa, Butte Counseling

What impacts you most about the job you do?

I know what it feels like to have a newborn, and struggle with depression and anxiety. I was helped tremendously by my counselor and community. Being fortunate enough to sit with other new moms, let them know they're not alone and that there is light at the end of the tunnel, is incredible.
– Michele, Butte Counseling

Counseling Services

Butte County

323 Clients

+

Shasta County

239 Clients

over 52 Weeks

equals

30,000 Sessions

Approximately



NVCSS provides a full range of counseling services, including: individual psychotherapy for children and adults; family and couples counseling; school-based therapy for children; juvenile hall groups and treatment for dual diagnoses. Counselors also provide services in the local schools to offer individual and group help to students.

2017 Housing Expansion Projects



Valley View

Located in Chico, these 15 units house individuals who are chronically homeless due to persistent mental illness.



Community partners: Butte County Behavioral Health, City of Chico, North Valley Housing Trust, Housing Authority of the County of Butte, Palm Communities, plus many supporters through local organizations and community members.

Valley View Apartments was created through many community partnerships. The affordable housing complex serves people who are chronically homeless or at risk of homelessness with a mental illness. Valley View provides for permanent supportive housing linking residents with supportive and social services to promote long term independent living, self-sufficiency, and integration into the community. The complex is designed to foster a sense of neighborhood and inclusiveness with opportunities for development through shared understanding of challenges and accomplishments. Services and support will encourage independence, improve social and economic well-being, and integrate into society to improve life experiences and strengthen the community."

– Bobbi Sawtelle, Housing Director



The Woodlands

Expected completion June 2017.

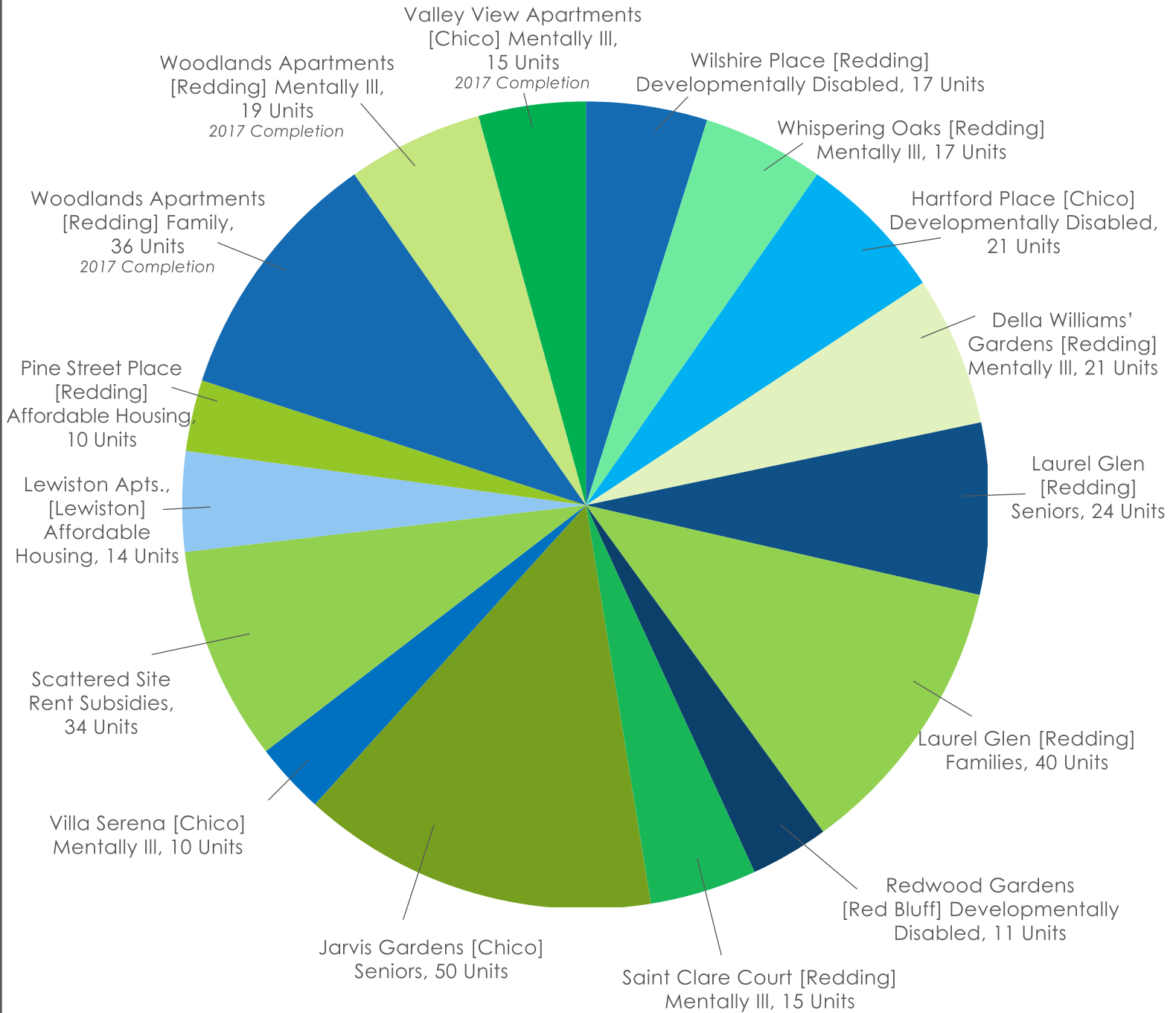
Located in Redding, this complex has 55 units: 34 two & three bedroom family units, 19 units for those with mental illness and an on-site manager. When full, the complex can house up to 180 people.



Community partners: City of Redding, Shasta County Health & Human Services Agency, Palm Communities, plus many supporters through local organizations and community members.

Housing Services

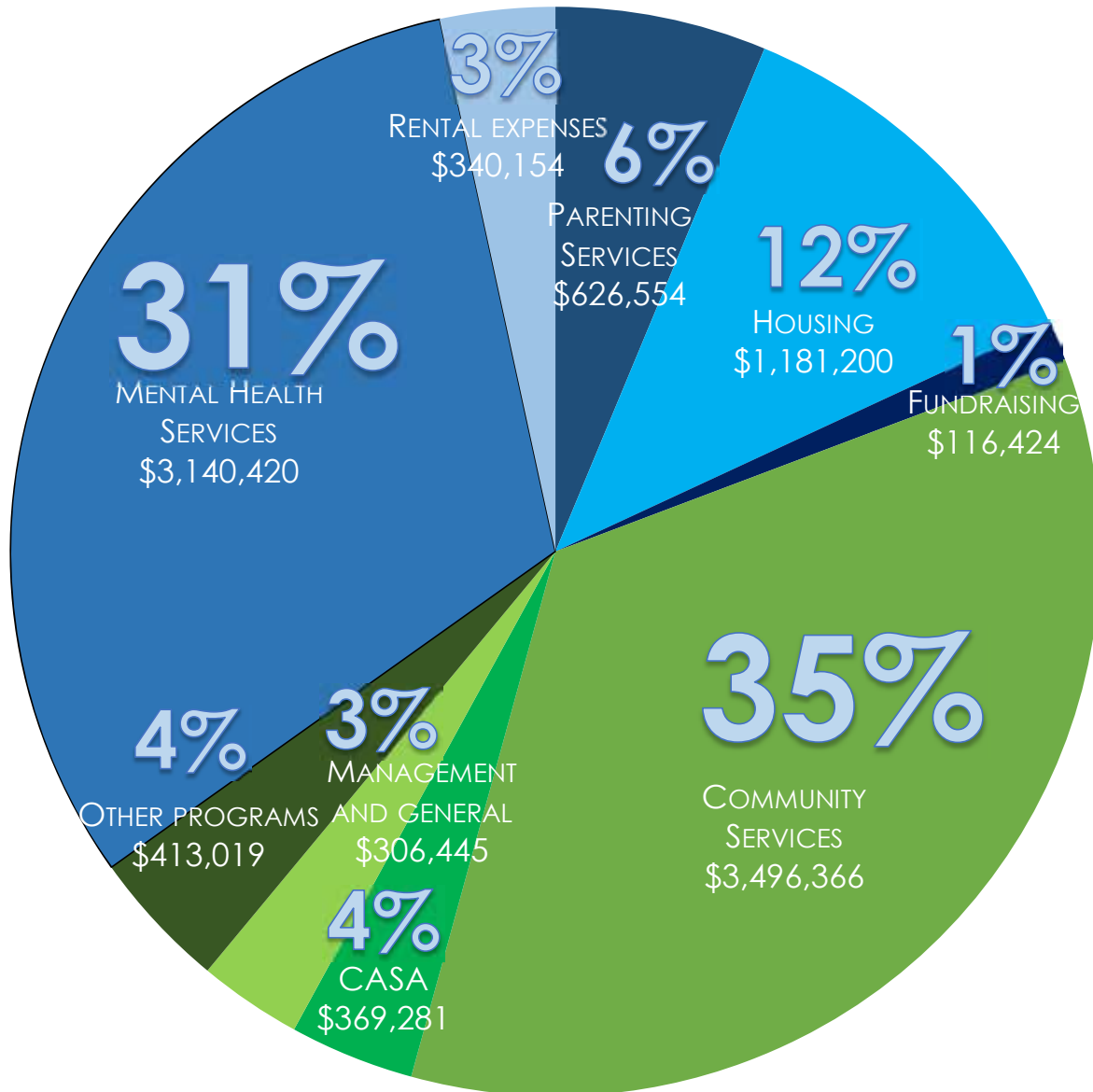
350 Affordable Housing Units



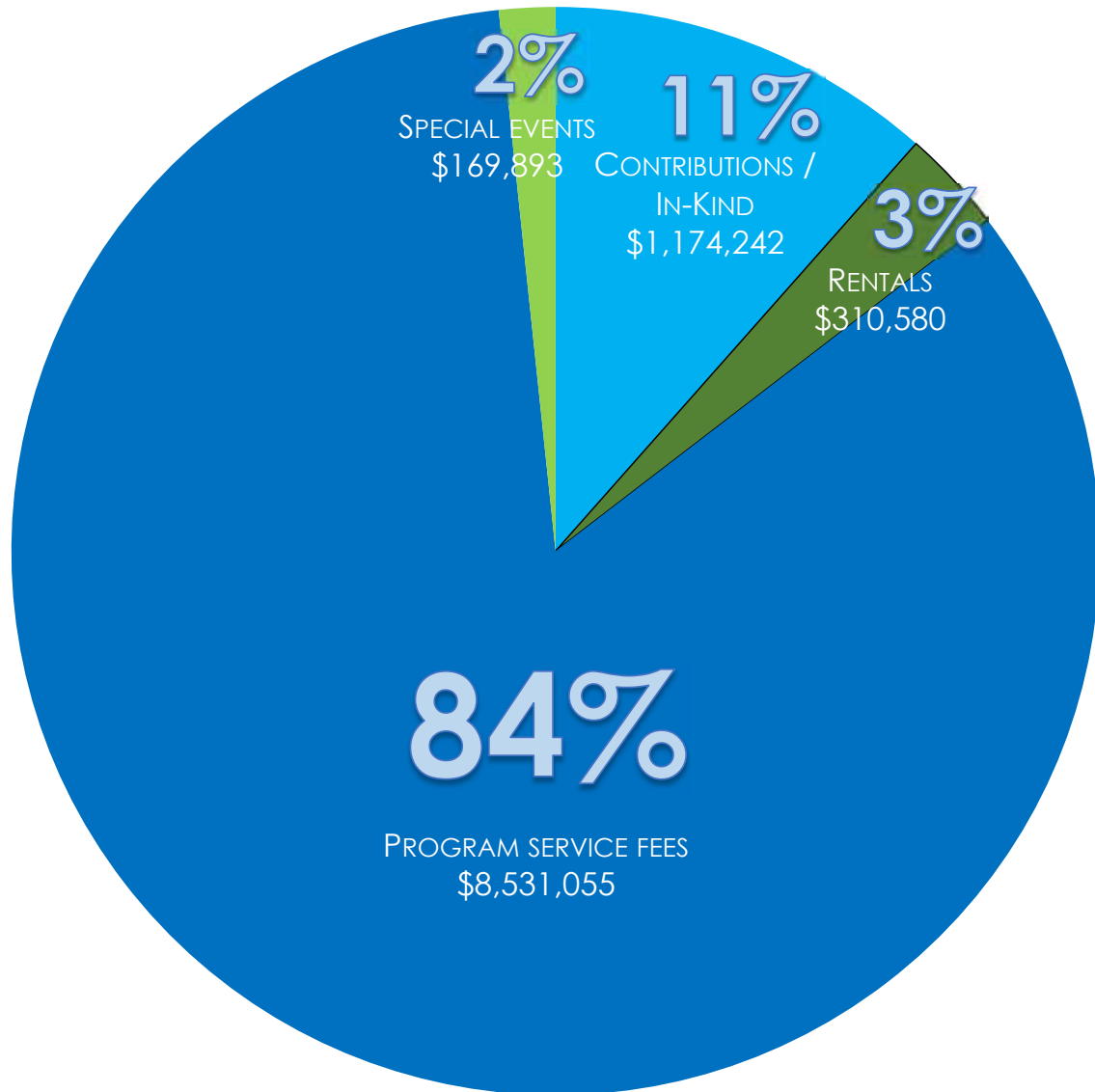
During this fiscal year, our PATH [Participants' Actions to Housing] program worked to house 58 clients, which averages out to 4.8 per month. If you include family members, PATH managed to get 125 people into proper housing. The PATH goal is for each client to obtain and maintain safe, stable and suitable housing.

Program & Service Expenses

2015-2016 Fiscal Year



Revenues & Support



Inspiring hope and transforming lives...
Each and every day.

Your Dedication is Valuable

The mission of NVCSS is fulfilled in large part due to the dedication of our volunteers and donors. Day in and day out, you offer your time and financial support to aid in the work that we do.



19,000+ Hours

of dedicated volunteer service

"I volunteer for NVCSS because I believe that we are all blessed to be a blessing. It's a joy to assist the dedicated staff and volunteers who have a clear vision for the work of the organization."

– Linda, Shasta County Volunteer



#whyivolunteer

"Working with people who are struggling gives me hope and optimism when I can see how their lives are being impacted by NVCSS in such a positive way through our services."

– Laney, Butte County Volunteer

"I like to volunteer because every time I help out, I learn more. It is very satisfying to know that I can help someone else, and I do it with all of my heart."

– Maria, Tehama County Volunteer

"I support NVCSS because the dedicated staff help to ignite the fire of hope in people. It's as if there is an awakening and struggling people realize that they have the will and courage to make their lives better."

– Jake, Shasta County Volunteer



#whyivolunteer



"Without a lot of fanfare, NVCSS quietly provides outstanding programs to help individuals improve their mental health, manage their lives, and change their circumstances."

– Doris, Shasta County Volunteer



We would love to hear why YOU volunteer with NVCSS. Share your thoughts with us using [#whyivolunteer](https://www.facebook.com/nvcss) at [facebook.com/nvcss](https://www.facebook.com/nvcss).