



# *Together We Are A Community Through Hope*

1500 + UNSHELTERED CLIENTS PROVIDED EMERGENCY HEALTH SERVICES  
100 + UNSHELTERED PETS PROVIDED EMERGENCY SERVICE  
11,000 (ANNUALLY) + MEALS PROVIDED TO THE UNSHELTERED  
1200 + SHOWERS PROVIDED THROUGH PROJECT REFRESH

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## APRIL 2023 NEWSLETTER



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**Dear community members, friends and partners,**

April has been a busy month for Community Through Hope as we continue to

fill our board with members who value and represent our mission statement, bring in new volunteers and expand on our South Bay Street Medicine program to ensure it meets the needs of the unsheltered clients we serve.

Yours in Service,  
Rosy Vasquez  
CEO/President

## NEW CTH BOARD MEMBER



We are excited to announce Debra Villanueva as the newest board member to join Community Through Hope beginning in May. Debra is a 20-year Chula Vista resident with a background in business management and a career spent in the legal industry.

Debra felt compelled to join the CTH board following a history of volunteerism with her church and a heart to serve others in the homeless community at a higher level with a deeper impact. She hopes to use her skillset to enhance her role in the treasurer position. Welcome aboard CTH Debra!

# VOLUNTEERISM



April is National Volunteer Month and at Community Through Hope there is no shortage of volunteerism. In fact, there have been more than 60,000 volunteer hours by numerous individuals in various capacities since the COVID-19 pandemic began.

The backbone of CTH has always been [volunteerism](#). In fact, our current leadership team all began as volunteers so we recognize that when we come together as a community, we truly are a community through hope. We see volunteerism as being a contributing team member and being willing to embrace leadership. Whether volunteering with [Project ReFresh](#), packing nutrition, participating in [South Bay Street Medicine](#) or another solution-forward mission, everything we do at CTH focuses on the opportunity to be in service to others.

The time spent volunteering at our organization has a direct impact on the lives of the most vulnerable in our community. The impact of that service is real as each volunteer plays a role in bettering the life of our clients on the street, addressing the human right to eat, sleep and be treated with kindness and respect. Volunteerism is critical to any organization and there are no small volunteer opportunities at CTH. Volunteering with us means working with a community that faces daily hardships, including extreme trauma, mental illness and some addiction. Each touch point is critical.

Along our journey, volunteerism has been the catalyst to us finding several key players within our organization in that it becomes a great indicator of someone's belief in our mission and speaks to their willingness to be in selfless

service to others every day. Examples of volunteerism within our organization have previously included our Project Leadership program where youth ages 16 to 24 participated in various ongoing projects within a 5-week time frame and gained knowledge, hands-on experience and a better understanding of how to help others focusing on equity and hope.

Currently, we are lucky to have medical residents from Scripps Health in Chula Vista coming out with us on Thursdays to touch base with unsheltered clients' emergency needs, checking their vitals and providing wound care while our staff addresses more basic needs, including nutrition and hygiene. In addition, we have an ongoing engagement with individuals who need community service hours as it relates to restorative justice. Community Through Hope is a place where everyone can be in service and part of a solution to the unsheltered crisis. To learn more about volunteering, visit our [website](#).

## COMMUNITY ADVOCACY



April proved to be a big month in the news for the unsheltered community and local elected leadership. On April 10, a rally was held by multiple organizations as a call to action to oppose an ordinance that if passed would allow them to criminalize the unsheltered community at a critical time where the number of unsheltered folks is increasing each month.

On Tuesday, the San Diego City Council approved an ordinance proposed by San Diego Mayor Todd Gloria and City Council President Sean Elo-Rivera. The *Residential Tenant Protections Ordinance to Prevent Displacement and Homelessness* is meant to be a step toward addressing the housing and

homelessness city crises and provides protection to renters from eviction, given they pay rent and are lease compliant.

Evictions can lead to displacement and put people at risk of homelessness. In San Diego County, the number of people becoming homeless is larger than those able to find housing. There is currently a record number of unhoused individuals. Criminalizing these folks will only perpetuate their struggle and keep them in a cycle of poverty and homelessness. San Diego County has 4,801 unhoused individuals and only 1,748 shelter beds. We have to do better.

CTH will continue to participate at the local government level to advocate for individuals, small business and other agencies that align with our values, such as fighting for the basic resources we all should be guaranteed. It's critical that we come together as a community to get ahead of things that directly affect and negatively impact the South Bay community we serve. This is a human rights issue and we need continued solidarity and compassion.

## **SOUTH BAY STREET MEDICINE UPDATE**



The South Bay Street Medicine team continues its Thursday outings, providing nutrition and hygiene, among other supplies to the unsheltered South Bay community. An added element has been the involvement of Dr Sean Posada, who joined the South Bay Street Medicine team last summer as part of the attending residents from Scripps Health in Chula Vista. His participation is part of his community outreach project for his residency. Dr Posada specializes

in preventative health as a family medicine doctor—a primary care physician trained to meet the diverse health needs of children and families.

Dr Posada said that South Bay Street Medicine allows medical professionals like him to get to the source of a problem more quickly. “Oftentimes when you provide medicine to those affected by homelessness ... there are people with needs that weren’t being addressed where they’re at,” he said. This program, he said, solves that issue.

“South Bay Street Medicine provides additional perspective and accurate knowledge that we can’t provide in clinic,” Dr. Posada said. “From a healthcare perspective, when their home is uprooted it’s detrimental to their health because they lose continuity.”

Each Thursday, he meets with the team assembled at Community Through Hope and they head out to the specific quadrants in Southwest Chula Vista where a majority of the unsheltered are located. From insignificant scrapes to burns, open wounds and more, Dr Posada can provide wound care, take blood pressure, check in on mental health and substance abuse issues.

As a local nonprofit organization dedicated to helping the unsheltered demographic become self-sufficient, there continues to be a lack of effort by the City of Chula Vista, police department and local elected officials to do their part. It takes a village and we are only one piece to the puzzle. We must all work together to provide support for those in need. CTH is grateful for its loyal partnerships and continues working to create new relationships in the community.

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[Donate to CTH!](#)

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### **About Community Through Hope:**

Community Through Hope evolved through several incarnations over the last 10 years of grassroots experience and is a 501(c)3 nonprofit based in Chula Vista, California. Our mission is providing innovative, trauma-informed services for the unsheltered that honor equity and offer hope.

[Volunteer with CTH!](#)

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