



COMMUNITY THROUGH HOPE

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

JULY 2023 NEWSLETTER





Dear community members, friends and partners,

The month of July observes two important holidays – National Minority Mental Health Awareness Month and International Self-Care Day (July 24). National Minority Mental Health Awareness Month was established to bring awareness to the mental health struggles that racial and ethnic minority communities face in the United States, including a lack of access to quality mental health care services, cultural stigma surrounding mental health care, discrimination, and an overall lack of awareness about mental health. In addition to that, there are unconscious or conscious biases of mental health providers, which affects care as well as the systemic oppression responsible for generational poverty and exacerbates or creates mental health conditions.

Many of our clients, who touch all demographics, struggle with various mental health conditions. We recognize this and do what we can to find ways to support mental health equity, as we do by providing them with trauma-informed services that also offer hope.

In addition, International Self-Care Day provides focus and opportunity to bring awareness regarding healthy lifestyle programs around the world. Developed by the International Self-Care Foundation to promote self-care as a vital foundation of health, it provides a forum for individuals and groups to promote self-care in their organization or community. One of the aspects of self-care is having choices. At Community Through Hope, we find it is essential to honor client autonomy and provide them with opportunities to make decisions when it comes to their personal plan of action and the programs and services they receive.

As a nonprofit whose mission is to address the realities of the unsheltered population by offering innovative and effective solutions, Team CTH works tirelessly to meet the various needs of these individuals. It's for this reason that we implemented an internal program last year called Project Resilience, which gives our staff permission to debrief, relax and reflect on their interactions and experiences. We recognize the intensity of what we do day to day and understand that self-care must be a constant part of recovery as we continue serving this demographic in an effective way.

While Project Resilience acts in part as a tool in Human Resources, it is the bedrock of how we approach our work. There is no Community Through Hope without Team CTH and therefore the needs of staff and those we serve must be prioritized. Trauma informed care starts from the center and radiates outward.

Yours in Service,
Rosy Vasquez
CEO/President

MÚSICA, MOTOS Y MERCADO





Team CTH would like to thank our guests, vendors and sponsors who made a special event possible, including our co-host, award-winning CBS8 broadcast journalist Regina Yurrita. On July 22, our organization held an event called Música, Motos y Mercado, which invited community members, partners and constituents to enjoy an evening of Latin jazz celebrating its Cause, Culture and

Community initiative on the rooftop deck of Harley-Davidson Coronado Beach at 3201 Hoover Avenue in National City, attendees enjoyed Latin jazz featuring Gilbert Castellanos and the new Latin jazz quintet, food and drinks from local vendors and a pop up mercado presented by MommyCo.

The event promoted the theme of our 5-year anniversary (3C) initiative, which in October will feature a visual art show centered around the cause and culture of our community. Held to inspire action, honor resilience and highlight the unsheltered crisis in the South Bay through movement and music, we will also celebrate the service work of Community Through Hope.

During the event we recognized a local celebrity philanthropist and advocate who received an award for her community contributions and influence. National City resident and MasterChef Claudia Sandoval received the Cause, Culture, Community (3C) award from Community Through Hope for her dedication to local causes. Born of a family from Mazatlán, Sinaloa, her mother and grandmother taught her how to cook from a young age, a skillset that saw its height as the winning contestant on Season 6 of MasterChef U.S. with Gordon Ramsey for which she was awarded the MasterChef trophy, right to publish her own cookbook and a \$250,000 prize.

After winning the coveted title of MasterChef, she began the successful culinary consulting and catering company “Claudia's Cocina,” and has worked with significant brands including Coca-Cola, Kellogg's, Nestlé, Disney and T-Mobile. She published her bestselling cookbook "Claudia's Cocina: A Taste of Mexico" and has become a judge on various shows including, Chopped, Chopped Jr., MasterChef Latino on Telemundo, and is currently a judge on MasterChef Latinos on Estrella TV. Most recently, Sandoval released a new food travel show called “Taste of the Border” on Discovery+.

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After winning MasterChef in 2015, Sandoval made it her mission to give back to the community that raised her—the one that bought tortillas from her as a child when her family couldn't make ends meet and also helped her unsheltered aunt before she passed away.

“At times in our community we forget to recognize pillars who are paving paths and laying down the foundation so that our children, our grandchildren and that we can aspire to follow our dreams,” said Community Through Hope President and CEO Rosy Vasquez. “Chef Claudia Sandoval is a single mom that took on the world, got her dream and is continuing to inspire us through her culinary arts, passion for the National City community. You truly personify cause, culture and community.”

Sandoval said that receiving the 3C Award from Community Through Hope is meaningful because it's just as important as winning Master Chef, of which she is the first and only Latina winner.

“I grew up in this neighborhood. I went to Kimball Elementary. I went to National City Middle and graduated from Sweetwater High School, like my mother and daughter. We are National City born and bred and it is an honor to receive it from an organization that means so much to me,” Sandoval said. “I want to give back to my community because community is what got me to where I am. I am a product of my community and my culture and to me that is profound.”

PROJECT COOL-DOWN





On July 10, our organization decided to offer the South Bay unsheltered community a place to cool down this summer amidst lack of housing to protect this population from the harsh elements.

From Monday through Friday between 9 a.m. to 4 p.m., individuals can enjoy the benefits of a Portacool (big fan), misting fans and a large tent for shade on a rotating capacity as well as water coolers. We initiated Project Cool-Down last year as a response to seeing the unsheltered community grow.

“We felt the need to step up and fill in the gap so these folks could have a place to access services in this heat while being free from criminalization,” said Executive Director Sebastian Martinez. “The South Bay is experiencing yet another summer without basic resources for these folks and this just shows the larger disparity in terms of concerted efforts to address the unsheltered crisis throughout San Diego County.”

Despite the unsheltered South Bay population increasing 54 percent according to the most recent Point in Time Count from the Regional Taskforce on the Homeless, there is still no existing emergency shelter where folks can retreat from the heat, among other things. “The South Bay is home to the second largest city in the county and it needs the level of action and awareness of the unsheltered crisis to match the current demand,” Martinez said. “There isn’t anything like this in the area for these folks to get respite.”

In addition to offering its clients a place to cool down, Community Through Hope is a zero-barrier drop-in center. This means that the model employed by our organization allows anyone to receive services without an appointment, identification, sobriety or even a pre-existing intake form.

We are also taking this opportunity to call on the community to support our efforts by donating to and volunteering at Community Through Hope, as well as educate themselves on the unsheltered crisis so they too can become

advocates for this growing and vulnerable population. We are currently taking donations, including bar soap, baby wipes, deodorant, shampoo, conditioner, aloe vera, sunscreen, lip balm as well as toothbrushes and toothpaste. Other necessary supplies include tents and tarps, backpacks and duffle bags, drawstring bags, sleeping bags, medical supplies, cooling towels and pads,

spray bottles and misting fans. Donations can be made Monday through Friday between 9:30 a.m. and 3:30 p.m. at 465 C Street in Chula Vista.

InTENTion Event Preview



On Oct. 7, our organization will be celebrating our 5th anniversary, which will feature a visual art show including mostly contemporary urban, hip hop, modern dance at the Southwestern College Performing Arts Center focusing on the cause and culture of our community, held to inspire action, honor resilience and highlight the unsheltered crisis in the South Bay through movement and music while celebrating the service work of Community Through Hope.

At the event attendees will learn more about the unsheltered crisis and the clients we service through our programs and services, including Project ReFresh and South Bay Street Medicine, encampment culture, criminalization, Narcan and youth homelessness. It will also highlight the daily struggles these individuals face, including domestic violence, basic and emergency necessities and survival from a ground zero perspective. The event hopes to bring more awareness to individuals regarding the unsheltered crisis, encourage more advocacy and address the human condition. Tickets for our 5th anniversary event go on sale at the end of August and can be purchased on our website.

[Donate to CTH!](#)

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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