



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

MAY 2023 NEWSLETTER



Dear community members, friends and partners,

May is Mental Health Awareness Month, a recognition that our organization doesn't take lightly. Working day in and day out with the unsheltered population, we see a variety of client needs from food and housing insecurity to

addiction and mental illness. With our mission focused on providing trauma-informed services that honor equity and offer hope, we hope to provide a safe space for people to come as they are. We don't see sickness, we see strength. We don't see disgrace, we see potential. We don't see bums, we see humanity. We see individuals who could use support, compassion and encouragement. Those suffering from these diseases and conditions make up a significant percentage of our clients. Community Through Hope exists to serve the unsheltered without questions.

Yours in Service,
Rosy Vasquez
CEO/President

BRINGING AWARENESS TO THE AAPI COMMUNITY



This month we acknowledge Asian American and Pacific Islander Heritage, which recognizes contributions and influence as it relates to history, culture and awareness. When people think of homelessness, they don't traditionally think of this population as being affected. However, at Community Through Hope, this demographic makes up more than 4.5 percent of the clients we serve today. That's up from less than 1 percent from the fall of 2018 through 2021.

Because we're seeing this unfortunate upward trend, it's a signal that we need to make sure this community is seen, heard and has the resources it needs. Our organization will be working with others to serve this demographic by reaching out to these clients to meet their needs so we can close this gap.

SOUTH BAY STREET MEDICINE EXPANSION



As we continue to expand our South Bay Street Medicine program to offer clients additional services, Community Through Hope is also adding new roles. On that note, we're excited to announce that our new unsheltered services coordinator is Adonna Aubry-Slay. Adonna started with us this month and is responsible for linking the unsheltered community to a myriad of resources. They include housing vouchers, essential items like diapers and toilet paper, EBT and DMV services, bus passes, hygiene kits, wound care and links to treatment centers.

Adonna has years of experience working to connect homeless individuals in the South Bay with jobs and housing at different community service organizations. She said that while the work can be mentally exhausting, she knows that helping this demographic in a greater capacity will continue to be gratifying and fulfilling.

With the unsheltered services coordinator roll filled, Bella Martinez is officially taking on the position of South Bay Street Medicine coordinator. Bella said the goal is to have increased participation from medical doctors as part of the program, which currently goes out every Thursday into the community to provide in the field medical services where the need is. Emergency relief services include "backpack" medicine, vital care, wound checks, First-Aid, nutrition, hygiene and more.

There's a huge gap in services as it pertains to the health of unsheltered individuals. These are real people with intense health conditions and they aren't getting proper care. People are dying on the street every day and South Bay Street Medicine is an avenue that can improve people's lives quickly. That's why as part of the current expansion, we've been looking to change the model from urgent to primary care, discussing health-related topics from hospital visit follow-ups to street-based needs. To that end, we're also looking to bring in a

medical director this fall who would be committed to weekly rounds and treat clients inside a triage bay at our warehouse beginning sometime this summer. The idea is to have an intimate space in our building where unsheltered individuals can be seen for health-related reasons and receive the privacy they deserve.

The ability to expand this program has come through partnerships in solidarity with the Arlene and Michael Rosen Foundation, Kaiser Permanente and the USC Keck School of Medicine, to whom we're grateful to be able to continue this important work.

SOUTH BAY POINT IN TIME COUNT



Community Through Hope staff have spent the past few months gathering information from unsheltered individuals in the South Bay to create their own data on this vulnerable population. This multi-question form asks about their age, gender, living situation, race and ethnicity, when they last had housing, the services they're interested in receiving, whether they would go into a shelter and related concerns, as well as their interaction with law enforcement.

San Diego's Regional taskforce on the Homeless, also known as the Point in Time Count (PITC), is an annual data collection event that happens in January to track the needs of individuals experiencing homelessness in the community. However, since this count was taken the information has changed. The South Bay is already seeing the impact of consequences from choices made in the City of San Diego regarding homelessness ordinances. In fact, unsheltered homeless levels are the highest it's ever been with more than 2,000 individuals in San Diego alone.

Focusing on heavily populated areas of unsheltered clients and collecting patient information via a carefully crafted questionnaire, allows us to follow them more closely through their individual health journeys and give them access to basic supplies and emergency medicine. Health is wealth and most people have autonomy of their health but right now our clients do not. The better they feel physically and mentally the more motivated they'll be to do

more for themselves. Having no barriers in health gives us the freedom to do what we need to and creating relationships with doctors and others has allowed us to open doors to helping clients get unstuck and onto a life of self-sufficiency.

[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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