



December, 2017

To our dear friends,

If you have made a gift to us this year, we thank you! If not, please consider a donation to support our community programs that work with 800 people per year in the San Francisco Bay Area. We have a specific request this year. Our first capital campaign!

Our big news for 2018 is that we are adding three new programs, two for young people aged 18-24. We have been selected by the San Francisco Dept. of Public Health to start a Mobile Mental Health Team for youth. We will be traveling to drop-in centers, shelters, and housing programs to bring harm reduction therapy to young people who are struggling with mental health and drugs problems. The goal is to help them to move into, or remain stable in, permanent housing. At the same time, we are *very* excited to be expanding to a full-time therapist at the Homeless Youth Alliance. We are also going to start working half-time at the Covenant House youth shelters and drop-in center in Oakland and Berkeley. We have been training and coaching staff of these programs since the summer and now they want more! We love our colleagues there and are thrilled to start working with the young people.

Our third new program is the Waterfront Navigation Center run by Episcopal Community Services. For those of you not in the Bay Area, Navigation Centers are a relatively new effort to move people who are homeless indoors. People are invited in whole communities (called encampments here) complete with their friends, possessions, and pets. The idea is to make an easier transition from the streets for people who have been living outside for a long time. While there, people work on stabilizing their mental health and drug use, getting jobs, and finding permanent housing.

What do we need most? A therapy van or RV for our young clients! Why? First of all, we don't *have* an office for our young clients. We have been working with them in the streets and parks for three years since the Homeless Youth Alliance lost its lease. We borrow office space from a generous fellow youth agency (Huckleberry House Clinic) 6 hours a week, which can't begin to accommodate our new programs. Second, we know that if we have a warm, enclosed, private place for therapy, a place where we can offer warm drinks, snacks, and a cozy chair, young people will settle in and work with us more consistently and enthusiastically. The sooner they get to work, the faster their mental and emotional health will improve and the easier it will be for them to build a rich and satisfying life.

How much will an RV cost? We estimate \$50,000, including \$5,000-10,000 for the first year of operating and maintenance. Please consider a contribution of any amount to HRTC's first capital campaign!

Thank you,

From all of us at the Center for Harm Reduction Therapy