



 *Building wellness together*  
Momentum *for* Health

# ANNUAL REPORT

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**2020**  
FISCAL YEAR

# UPDATES FROM THE CEO

## A NEW NAME

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On July 1, 2020, we officially changed our name to **Momentum for Health**. This change comes as the result of continuing to expand and improve our programs to fit the changing needs of the community. With the launch of Substance Use Treatment Services and our continued focus on the well-being of each client's physical, mental and emotional health, the name change reflects our commitment to providing whole person care along a comprehensive continuum of care.

## MANAGING COVID-19

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In March 2020, our community was hit with COVID-19, a pandemic that required our agency to reconsider our approach to services and adjust to the digital world of telehealth in a very short period of time. Momentum worked hard to continue providing high-quality, essential behavioral health services to our community throughout shelter in place and beyond.

While Momentum's residential programs were at full capacity, the organization's outpatient services became a mix of in-person and virtual services. In addition, new protocols were put in place that paralleled the County's guidelines to ensure both the health and safety of our clients and staff. As a result, we were able to successfully navigate the situation and keep our positive COVID-19 cases to a minimum.

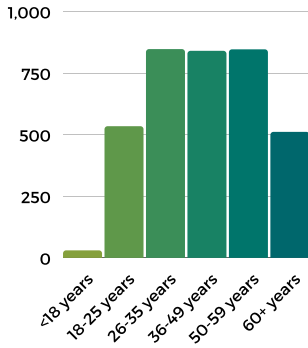


Momentum *for* Health

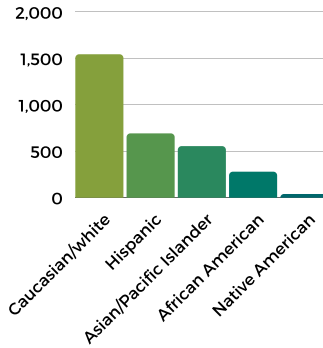
# WHO WE SERVE

TOTAL CLIENTS SERVED IN FISCAL YEAR 2020 (JULY 1, 2019 - JUNE 30, 2020): 3,602

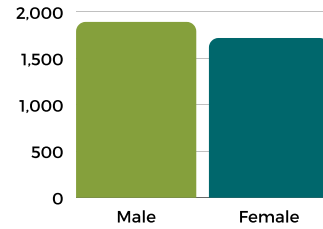
## AGE



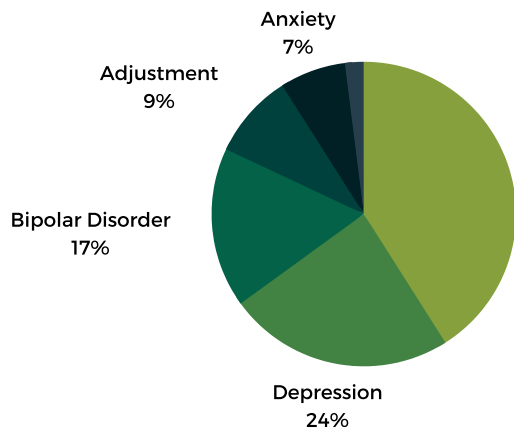
## RACE/ETHNICITY



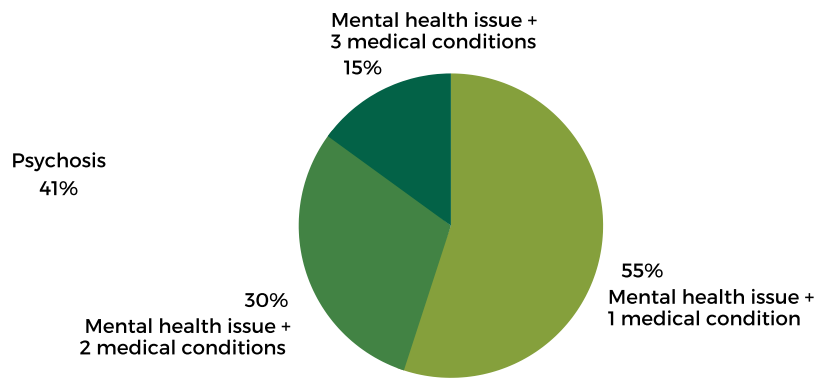
## GENDER



## DIAGNOSIS



## COMORBIDITIES



**CO-OCCURRING DISORDERS:** 1,138 (32%) OF MOMENTUM CLIENTS EXPERIENCE BOTH A MENTAL ILLNESS AND A SUBSTANCE USE ISSUE.

**INSURANCE:** 88% OF MOMENTUM CLIENTS USE MEDICAL; 12% USE COMMERCIAL INSURANCE.



# OUR IMPACT



## LOWER LEVELS OF CARE

**85%** of participants in Momentum's Crisis Residential programs were discharged to a lower level of care, leading them to continue on their paths to recovery through Momentum and/or outside services.

**88%** of participants in Momentum's Crossroads Residential Village, which offers long-term, 24/7 hour support in a home-like environment, were discharged to a lower level of care.

## EMPLOYMENT SERVICES

**94** individuals participated in Momentum's Employment Services, where they developed interview and job skills.

**63%** of individuals who secured a job successfully stayed employed for at least 90 days. Employment provides many of our clients with a sense of purpose.

## AVOIDING HOSPITALIZATION

**946** individuals accessed Momentum's Crisis Stabilization Unit (CSU), a facility that offers a 24-hour respite to community members who are experiencing mental distress and can benefit from support to avoid hospitalization.

**99%** of clients who used CSU successfully avoided hospitalization and were able to remain within the community or a voluntary form of care.

# 2020 HIGHLIGHTS

## LA SELVA COMMUNITY CLINIC LAUNCHES A COVID-19 SUPPORT PROGRAM

This summer, La Selva Group's Community Clinic launched a COVID-19 support program offering free telehealth counseling to uninsured and underinsured people who have been negatively impacted by the pandemic, including healthcare professionals. The program provides services to Santa Clara County residents in both English and Spanish.

## ONE YEAR OF ADDICTION TREATMENT SERVICES

Momentum's Addiction Treatment Services (ATS) program celebrated one year of providing essential substance use outpatient services to the community. In its first year, the new program served 214 individuals and hired 11 highly skilled and qualified staff who have a vast knowledge in treating substance use disorders. ATS brings essential substance use and recovery services to the community and provides increased opportunities for vulnerable populations to seek assistance.

## TO BE HONEST LAUNCHES MENTAL HEALTH ART CONTEST

To Be Honest, our youth behavioral health awareness campaign, launched its first art contest in January 2020. As a result, 150 teens and young adults from across the county submitted visual art pieces inspired by the prompt, "This is mental illness." View all 150 entries on the To Be Honest website, [tobehonest.today/art-contest-submissions](https://tobehonest.today/art-contest-submissions)

## YOUTH MENTAL HEALTH FIRST AID TRAININGS GO VIRTUAL

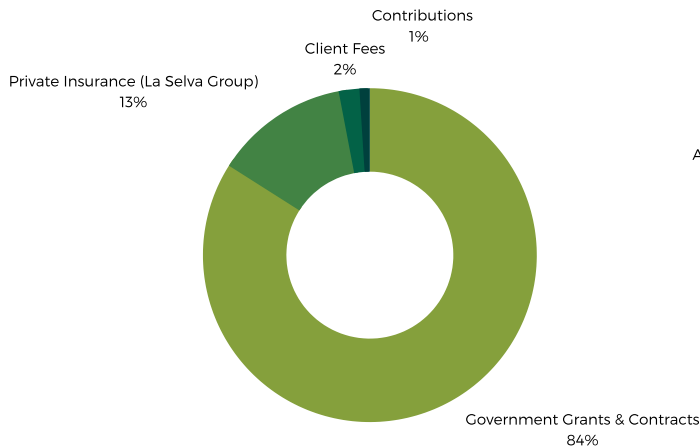
Throughout the past two years, Momentum has held Youth Mental Health First Aid trainings thanks to funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). The trainings teach adults who work or interact with youth how to recognize early symptoms of mental distress and connect them to appropriate services. In the past year, the program has surpassed its goal by training more than 400 community members! In addition to teaching the trainees about identifying signs of mental distress, the training now includes an informational session on self-care.



# FINANCIALS

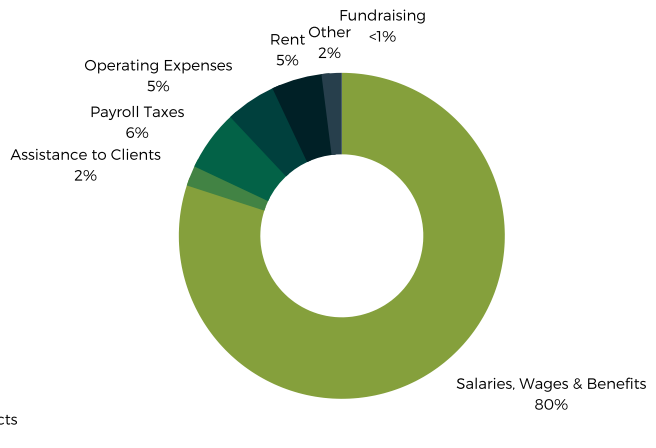
## REVENUES

Total ————— \$52,759,365



## EXPENSES

Total ————— \$52,419,775



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The following is a list of individuals and organizations who made a contribution to Momentum for Health between July 1, 2019 through June 30, 2020.

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Substance Abuse and Mental Health Services Administration  
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Autodesk Foundation  
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