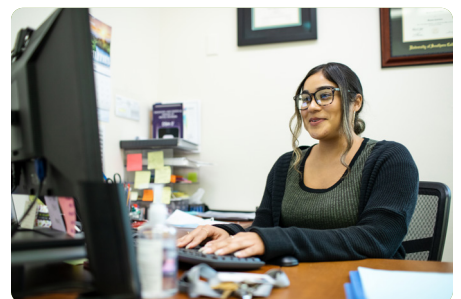


2022 Annual Report
Caring for the Whole Person



Mission

Helping individuals achieve mental and emotional health, discover and reach their potential, and fully participate in life.





Message from the CEO

As we reflect on the past year, it's clear that expanding access to behavioral health care is more urgent than ever. The pandemic led many in Santa Clara County to seek help for the first time, highlighting the need for ongoing growth and innovation to serve our community. We're in a critical period of change and opportunity.

Addressing the gaps in behavioral health care is a major undertaking, and it starts with delivering the right care for each client. A whole-person care approach offers our clients the best conditions for recovery by supporting them in all areas of well-being: mental, physical, emotional, environmental, and social.

This year, we've invested in whole-person care and client-centered services across the organization. From opening our new La Selva Wellness Center to expanding supportive programs, our team is helping clients lead healthier, more fulfilling lives. We've also begun partnerships to expand treatment within a continuum of care, allowing clients to stay within Momentum's system when transitioning to different levels of treatment.

The whole-person approach recognizes that clients can't focus on recovery until their basic needs are met. To this end, our team is providing care at the intersection of the behavioral health and housing crises. This year, we opened a new residence in downtown San José, and we have other housing projects in development.

We've also expanded addiction services, prioritizing the treatment of co-occurring mental health and substance use disorders. These programs are more critical than ever, as the Bay Area feels the devastation of the opioid epidemic.

Our recent decision to join forces with Parisi House, a residential substance use treatment facility for low-income mothers and young children, has furthered this mission and underscores Momentum's commitment to expanding addiction treatment services and serving the whole person. Once the consolidation is finalized, both organizations' clients will be able to access a broader range of services, including increased treatment capacity for Momentum.

Many families, including mine, have personal stories and connections around behavioral health. Having worked in this field for three decades, I've experienced the system's flaws from both sides. Yet I have hope for the future—in large part due to your support.

Momentum's dedicated staff, generous donors, and committed volunteers have propelled us to achieve many important milestones this year. As we aspire to continue leading change in behavioral health, we appreciate your continued partnership.

David K. Mineta
President & CEO
Momentum for Health



What We Do

OUTPATIENT

Adult Outpatient

We offer adult outpatient services at four sites across Santa Clara County, providing everything from therapy to medication management.

Adult Acute Outpatient

Our acute outpatient program provides urgent care for people going through a behavioral health crisis, including a customized treatment plan.

Addiction Treatment Services

The addiction treatment team partners with clients who have substance use disorders, supporting them on the road to recovery in a nonjudgmental environment.

Intensive Outpatient Program

The intensive outpatient program helps people leaving a correctional facility to transition back into the community. We provide support and resources to keep clients from returning to the justice system.

Crisis Stabilization Unit

The Crisis Stabilization Unit (CSU) offers a welcoming place to land for up to 23 hours for adults experiencing a mental health crisis.



RESIDENTIAL



Crisis Residential Treatment

Our Crisis Residential Treatment programs offer residential care as a voluntary alternative to hospitalization in a homelike environment for a period of approximately 30 days.



Adult Residential Treatment

Adult residential treatment programs like Crossroads Residential Village provide a nurturing environment of wrap around behavioral health supports for adults who need more ongoing care.

YOUTH & TRANSITIONAL AGE YOUTH

Youth Early Intervention & Prevention

Early intervention and prevention services for youth and young adults who are showing early signs of psychosis.

Youth Acute Outpatient

Acute outpatient care for youth and young adults from ages 16 to 25 who are experiencing physical, social, behavioral, and emotional distress.

SUPPORTIVE SERVICES

Employment Services

Meaningful employment can be a powerful tool for driving stability, purpose, and greater mental and physical wellbeing. Our team provides practical training, resources, and support to help adults who are ready to work. See page 8 to learn how employment services supported more job seekers than ever this year.

Independent & Supportive Housing

Access to housing provides a stable foundation for people with mental and behavioral health conditions. Momentum for Health offers supportive and independent housing services to keep our clients securely housed while they do the work of rebuilding their lives. We assist clients in identifying housing options planned to meet their socioeconomic needs. See page 6 to learn how we're creating more affordable housing for clients.

COMMUNITY PROGRAMS

To Be Honest

To Be Honest aims to reduce the stigma surrounding mental health and substance use treatment among youth, transitional-age youth (TAY), and their families. We offer education and interactive creative programs that normalize mental and behavioral health care, encourage youth to speak openly about mental health, and connect them with resources.

Youth Mental Health First Aid

Our Youth Mental Health First Aid trainings support early detection and intervention of mental health crises among adolescents and young adults. Trained behavioral health staff from Momentum for Health visit schools and other community groups to teach educators, parents, peers, and other community members to identify, understand, and respond to signs of mental illness.

Trusted Response Urgent Support Team (TRUST) * NEW

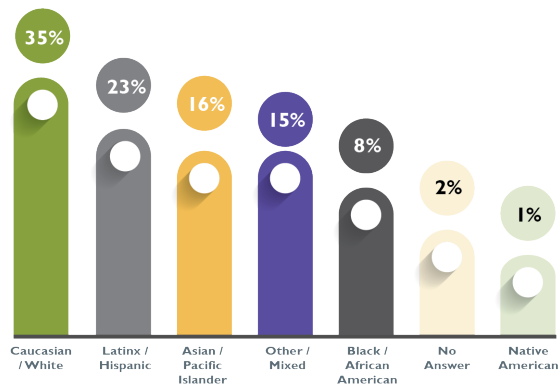
The Trusted Response Urgent Support Team (TRUST) is a field response team that assists people experiencing behavioral health challenges and concerns in the community. Momentum for Health has partnered with Pacific Clinics, HomeFirst, and Santa Clara County on piloting TRUST to expand access to crisis care in our community.



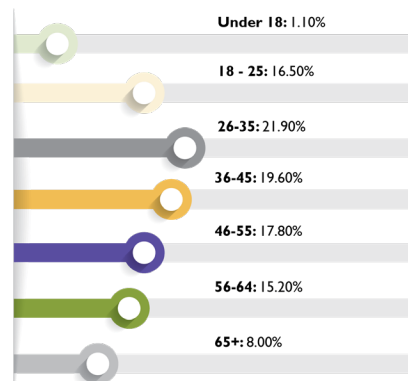
Who We Serve

4,372 clients served between 7/1/21 and 6/30/22

Clients served by race

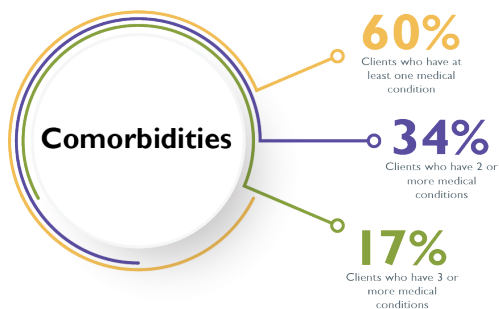


Clients served by age



Number of clients with a current diagnosis

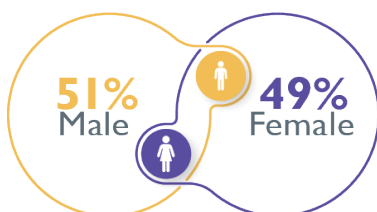
Note: Clients may have more than one diagnosis.



Clients served by insurance



Clients served by gender



Addressing the Housing Crisis

Housing insecurity is one of the most pressing issues facing our community, including many clients at Momentum. Housing and mental health are strongly linked, and in many cases, we can't address one without the other. That's because unhoused people with behavioral health conditions are living in survival mode. They can't focus on making positive life changes if they don't know where they're going to sleep at night.

As part of our whole-person approach to care, Momentum is committed to expanding access to safe, affordable housing, which plays a key role in recovery. We operate with a Housing First model, so clients aren't required to accomplish a list of objectives or overcome all their challenges before getting to a safe, stable living situation. Our team is developing several housing projects, with the goal of offering environments where clients can focus on getting well.



A New Milestone in San José

This year, Momentum reached an exciting milestone in those efforts: opening our 16-bed client residence in downtown San José. As a multifamily property, this residence opens up new opportunities to serve our outpatient clients in a community-style setting. What makes this model different is that there are supportive housing specialists on-site that provide both supportive housing and mental health services.

Clients in Momentum's outpatient programs will stay in the home anywhere between 12 and 18 months, as they progress through their treatment. They'll live with relative independence, with access to a trained peer navigator to answer questions, resolve issues, and connect them with outside resources when needed. At the end of their stay, clients will move into suitable long-term housing.

The downtown San José residence was funded by our generous donors, who helped us raise over \$100,000 during our 2020 virtual Shining Stars event to renovate the home. The extensive renovation has improved the home's safety, functionality, accessibility, and comfort for our clients—so they can truly feel at home here.

The two-story home features four bedrooms on each level, each fully furnished with two twin beds and basic living amenities, as well as three bathrooms. Additionally, each floor has a comfortable living room area with a television and seating, where residents can relax and gather together to build a community. Renovated features include a full-size kitchen, an AC unit, an ADA-approved shower on the bottom floor, and an elevator for clients with mobility issues.

To further support our clients' well-being, the downtown San José residence features a beautifully landscaped backyard with outdoor furniture. This space offers residents a tranquil place to socialize or enjoy a calming, natural setting that soothes body, mind, and spirit.

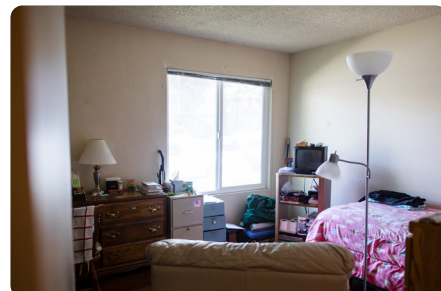
The property's garage was converted into an office space for on-site support housing staff to help clients with any needs they have. Support staff will also facilitate group sessions, provide therapeutic services, and offer rehab support as needed.



Manifesting a Dream of Affordable Housing

In the words of Gail Campanale, Chief Officer of Outpatient Programs, the downtown San José residence is a “manifestation of a dream.” This property is a key step forward in addressing our community's desperate need for housing, and we still have work to do. Momentum purchased a second home in late 2021 to replicate the project in another part of downtown San José.

As part of our ongoing efforts, Momentum has also devoted funds to helping clients remain safely housed during their recovery. In the coming year, addressing the housing crisis for people with behavioral health conditions will remain one of our top priorities.



Stable Housing Enables Inner Work

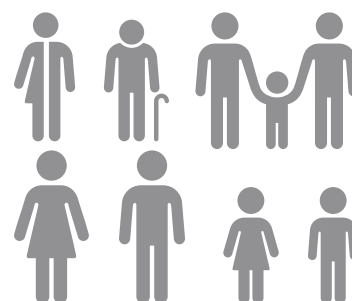
This year, Momentum hosted a virtual event during SV@Home's Affordable Housing Month which aimed to spread awareness of the housing crisis. We invited clients to share how stable housing has improved their mental health and well-being.

One client explained, "If your need for basic housing isn't met, you can't work on all these other needs. I started being able to do the inner work of my healing and recovery when I finally had stable housing."

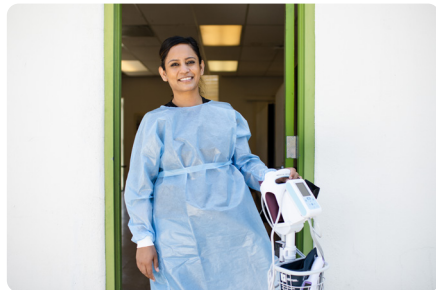
Another client expressed gratitude for Momentum's services, saying they "saved my life." He extended his appreciation to donors, saying, "Thank you for your support, and keep doing what you're doing because it's important to us."

\$1.2M+

provided in rent
assistance to 250+
Momentum clients.



Our Impact




Employment Team Connects Clients with Jobs

Stable employment helps Momentum clients develop a sense of purpose, social connectedness, and self-confidence—and reduces stigmas around behavioral health in the workplace. Momentum Employment Services comes alongside each client to create a customized plan that fits their skills and interests. The team assists

clients throughout their job search, with services such as resume writing, mock interviews, job shadowing, communication skills coaching, and ongoing post-placement support.

168 
Job seekers served

82 
Job placements
173% increase from previous year

27% 
of placements were full-time with
benefits, averaging \$27.90/hour



Rideshare Program Improves Access to Care

Our rideshare program offers reliable transportation for clients, so they have consistent access to the care they need to recover. This is particularly important in linking clients to primary medical care, which is crucial in treating the whole person. We're grateful to the donors who contributed more than \$170,000 to our Shining Stars Rideshare Fund in 2021. This year, these funds enabled us to purchase a 12-seat passenger van, which allows us to:

- Take clients to behavioral health treatment, medical appointments, food banks, and other important destinations
- Helps clients attend rehabilitative activities that support their overall well-being—like gardening projects, community and sporting events, and group outings
- Provide more than 6,000 rides throughout the van's lifespan

The Rideshare Fund will also provide 1,000 rides annually, for four years, via companies like Uber and Lyft.

829 
rides provided to clients
through rideshare services

New La Selva Wellness Center Opens

Founded in 1979, La Selva Group provides affordable, quality behavioral health care for private-pay clients. In 2022, we opened the doors of a new, expanded La Selva Wellness Center in Palo Alto, with space to treat twice as many clients.

The Wellness Center is more than a new building. It's an inclusive community for clients to connect with peers, with amenities

such as musical instruments, a library, and comfortable areas to socialize. We plan to add more evidence-based treatment options at the Wellness Center in the future, including expanding our Functional Neurological Disorder track and adding a Transcranial Magnetic Stimulation program to aid people with treatment-resistant depression.





Building Friendships and Support

Longtime supporters Karen and Randy Baker have a personal connection to Momentum's mission: Both have family members with behavioral health conditions, so they've seen how these conditions affect everyone involved. These experiences led the Bakers to look for ways to help those who are struggling, in hopes that they could make a difference.

Over the past four decades, the Bakers' support has taken many forms, starting in the late 1980s, when Karen began volunteering with Community Companions, a predecessor to Momentum for Health. As a volunteer, Karen served lunches and socialized with clients, building authentic friendships with them along the way.

"People with behavioral health conditions want to be accepted, just like everyone else," Karen notes. "Offering a listening ear may seem like a small thing, but it can make a big impact."

In recognition of Karen's dedication, Community Companions invited her to serve on its Board of Directors a couple of years later. Then, in 1997, Community Companions merged with other community organizations to become Alliance for Community Care, and Karen was once again tapped for the new Board of Directors.

The Bakers spent the early 2000s in Florida, where they donated to several nonprofits. Their varied philanthropic efforts all had a common thread: helping those who don't have a voice in their community.

After returning to California in 2010, Karen reconnected with Alliance for Community Care, which had rebranded to Momentum. The Bakers have given to Momentum ever since—and Karen has come full circle as a volunteer assistant in a family constellation therapy group.

"Volunteering is one of the best things I've done," Karen shares. "Volunteers get a lot of credit, but I've gotten more back from working with clients than I've given them."

Shelley, a longtime client who worked closely with her, says, "Karen was always there to support clients, coming once a week with cookies and to volunteer in groups...it was always a lovely and healing experience for all present."

The Bakers cite Momentum's skilled therapists and comprehensive programs as a reason for their continued support. "The staff at Momentum have genuine compassion and care for people living with mental illness in our community," Karen says. Randy adds, "It's rewarding for us to invest in programs like this and then see the results."

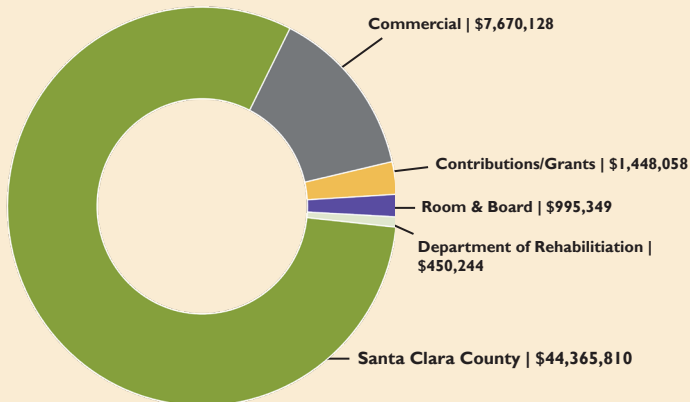


Karen and Randy Baker smile for the camera alongside Eleonore Sosa-Pace, Chief Officer of Residential & IOP Justice Programs, at Momentum's Shining Stars Soirée on October 9, 2022.

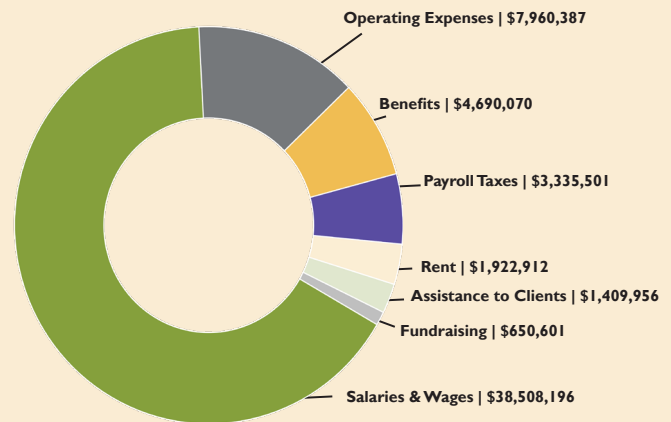


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Revenue Total —
\$54,929,589



Expenses Total —
\$58,477,624



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The following is a list of individuals and organizations who made a contribution to Momentum for Health between July 1, 2021 and June 30, 2022.

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