



Building wellness together

Momentum *for* Health



2023 Annual Report

—
Many Paths to Healing



MISSION

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



Message from the CEO

Every client who comes to Momentum for Health has a unique path to healing from trauma, substance use, and mental health challenges. At Momentum, we're committed to meeting each person where they are and supporting them as they transition through levels of care.

We believe there's no wrong door for people to get the help they need to begin the journey to long-term recovery. With that in mind, we've continued to grow our continuum of care and offer more touchpoints for clients to access the services they need.

Parisi House on the Hill officially became a program of Momentum for Health in June, expanding our care for women. Parisi House provides care to mothers recovering from addiction allowing them to receive care while living with their babies and young children. We also opened an independent living residence for women in downtown San Jose. The beautiful house builds on a pilot program Momentum began last year.

We've also increased our presence in the community with the Trusted Response Urgent Support Team (TRUST), which launched on July 1 last year. This community service helps residents of Palo Alto, Mountain View, Sunnyvale, and Santa Clara connect with urgent help and support during a mental health or substance use crisis. This field team has grown to a fully staffed 24/7 service, with mobile vans throughout the community.

To respond to the ongoing behavioral health crisis in our county, we've expanded our Mental Health First Aid (MHFA) training program, which teaches community members how to recognize and respond to someone having a mental health crisis. Momentum offers this highly-regarded training for youth, adults, businesses, and community groups.

Our clients take many paths to healing, and the journey looks different for everyone. That's why we're committed to providing multiple entry points and opportunities to move through different levels of care.

None of this work would be possible without our community partners, generous donors, and the tireless work of staff and volunteers.

Thank you for your continued support.



DAVID K. MINETA
President & CEO
Momentum for Health





What We Do

YOUTH & TRANSITIONAL AGE YOUTH*

Prevention & Early Intervention

Services for youth and young adults showing early signs of psychosis.

TAY Outpatient

Therapy, case management, and medication management for youth seeking mental health support.

TAY Acute Outpatient

Helping youth experiencing physical, social, behavioral, and emotional distress.

After-school space

A drop-in center for clients enrolled in our youth programs.

**As of October 2023, our youth and young adult programs, including To Be Honest (on page 5) are no longer active. Additionally, our Outpatient Addiction Treatment program has also closed. This annual report is intended to be read in the context of fiscal year 2023, which began on July 1, 2022, and ended on June 30, 2023.*



OUTPATIENT

Acute Outpatient

Customized treatment plans for people facing behavioral health crises.

Addiction Treatment

Customized treatment plans for those who struggle with substance use

Adult Outpatient

Therapy, case management, and medication management for adults seeking mental health support.

RESIDENTIAL

Crisis Stabilization Unit (CSU)

A welcoming place to land for up to 23 hours for adults experiencing a mental health crisis.

Crisis Residential Treatment

A homelike environment as a voluntary alternative to hospitalization for about 30 days.

Adult Residential Treatment

Ongoing, nurturing behavioral health support for adults needing extended care.

Parisi House on the Hill

Helps break the cycle of addiction for mothers and their children by providing counseling, education, child development services, and a safe place to live while they rebuild their lives.

SUPPORTIVE SERVICES

Employment Services

Training and support to help adults find meaningful work, promoting stability and well-being.

Independent and Supportive Housing

Access to secure housing options, helping clients rebuild their lives with stability.



LA SELVA GROUP

Residential

Comprehensive, individualized care in a supportive, homelike environment.

Dual Recovery

Integrated treatment for substance use and mental health challenges in semi-independent, sober living apartments.

Supportive Housing

Semi-independent living in shared and private rooms with daily staff supervision.

Outpatient

Integrated care services such as counseling and case management for clients to reach their full potential and live fulfilling lives.

Functional Neurological Disorder (FND) Track

Residential, partial hospitalization and intensive outpatient levels of care for clients with FND.

La Selva Community Clinic

Free comprehensive mental health services for English and Spanish-speaking adults without insurance.

COMMUNITY PROGRAMS

To Be Honest*

Aims to reduce mental health stigma among Santa Clara County youth and families via education and creative platforms that normalize mental health challenges.

Mental Health First Aid (MHFA)

Training that teaches community members how to detect and intervene in mental health crises.

Trusted Response Urgent Support Team (TRUST)

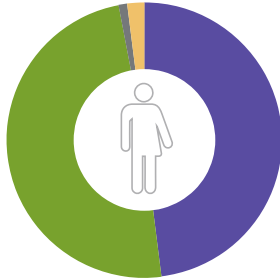
24/7 mental health crisis response service for northern Santa Clara County residents, providing urgent support through a call center and field response teams.

Who We Serve

4,801

clients served between July 1, 2022, and June 30, 2023 (a 9.35% increase from FY22)

CLIENTS SERVED BY GENDER



- Identifies as male: **48.9%**
- Identifies as female: **48%**
- Non-binary: **0.3%**
- Unknown: **2.9%**

COMORBIDITIES

16% clients with 3+ medical conditions

31% clients with 2+ medical conditions

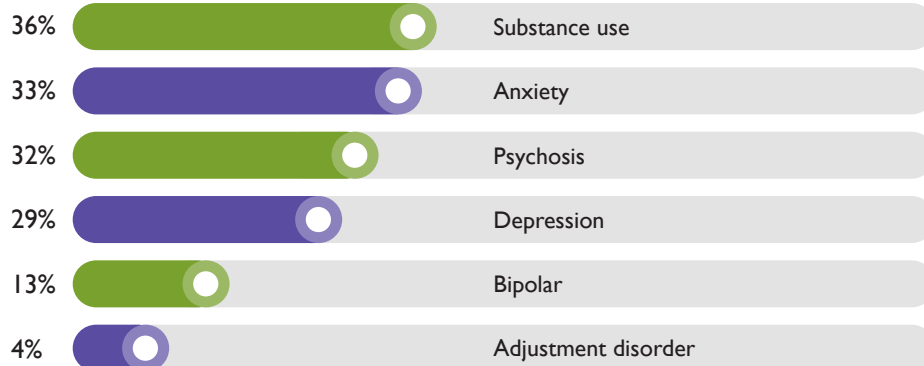
54% clients with 1+ medical condition

44% clients with no medical conditions

CLIENTS SERVED BY RACE

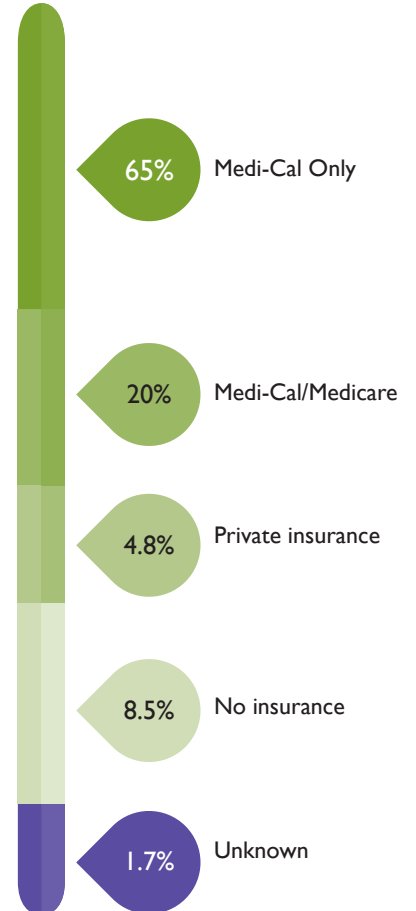


NUMBER OF CLIENTS WITH A CURRENT DIAGNOSIS



Note: Clients may have more than one diagnosis.

CLIENTS SERVED BY INSURANCE



CLIENTS SERVED BY AGE:





Parisi House on the Hill

A safe place for moms and children

At Parisi House on the Hill, mothers stay with their babies and young children while recovering from drug or alcohol addiction. Momentum and Parisi House on the Hill have collaborated for 25 years, working together to support young families.

This year, we grew that relationship, officially welcoming Parisi House as a Momentum program. The union increases our ability to care for mothers and their children—and the services they can access on their journey to healing.

Like other Momentum programs, clients at Parisi House benefit from a personalized, wraparound care approach. Pregnant women and mothers receive an individualized treatment program that includes counseling, classes to understand addiction and find new ways to live, and life skills training. Parisi House also supports their children with a child development program focused on their social and physical development and bonding with their mothers.

“I realized I didn’t need to fight this fight alone, you have enough support here to really catapult you into the person you want to be and deserve to be.”

—GRACIELA

Pictured Above: Momentum for Health and Parisi House on the Hill celebrated the long-awaited consolidation with a special event and press conference on June 15, 2023. Pictured left to right: Pat Mitchell, Chief Administrative Officer (former Executive Director of Parisi House), David Mineta, President and CEO, San José Mayor Matt Mahan and County Board of Supervisors President Susan Ellenberg.



Graciela, who had struggled with addiction since she was a teenager, came to Parisi House with her three-year-old son. While there, she received treatment for addiction and strengthened their bond at the same time. Today, Graciela has graduated from Parisi House, works a stable job, and lives independently with her son.

Providing Stable Housing

Having a stable living environment is essential to recovery. Housing is part of Momentum for Health's continuum of care. We offer fully immersive adult residential programs, short-term independent housing, and long-term supportive housing.

An estimated 16% to 35% of Momentum's clients on public insurance are unstably housed. Momentum strives to bridge the gap between behavioral health services and secure housing, knowing that adults who leave our crisis residential program without stable housing are more likely to return within a year.

In 2023, Momentum opened a new nine-bed, women-only independent housing site in downtown San Jose. The beautiful home provides a safe environment where residents develop independent living skills.

Momentum continues working toward providing housing for people in various stages of recovery. We have committed to expanding our housing options over the next few years.



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Mental Health First Aid:

Equipping our community to respond in a crisis

Mental health and substance use challenges have become a public health crisis in Santa Clara County. Many people want to help, but don't know what to say or do in an emergency.

That's why we offer Mental Health First Aid training. This training is similar to CPR, but instead of chest compressions, participants learn to recognize a mental health crisis and respond in the moment.

Mental Health First Aid training doesn't teach people to diagnose or treat mental health issues — but it does empower them with greater mental health literacy and empathy.

Attendees learn:

- signs, symptoms, and risk factors of mental health or substance use conditions
- words and actions to respond
- how to connect people with care or local resources

For years, Momentum has offered Youth Mental Health First Aid courses. This year, we expanded the program to include trainings focused on an adult audience as well. We now offer sessions for individuals, nonprofits, community groups, and businesses.

With the growth of this program, members of our community are better equipped to respond when they see someone in crisis—whether they are strangers, friends, or family.

Pictured Above: Momentum for Health partnered with the Palo Alto Library to offer MHFA trainings for its staff members. Here, participants pose for the camera following the training.



TRUSTED
RESPONSE
URGENT
SUPPORT
TEAM

TRUST interacted with more than 200 people through the call center, follow ups and field work between November 2022 and June 2023.

Celebrating one year of TRUST: A broad lens for offering support

When the brightly colored TRUST van shows up, three individuals are there to help—a peer outreach specialist, a crisis intervention specialist and a certified EMT.

This year, we celebrated the first anniversary of TRUST, a community service that helps Santa Clara County residents during an urgent mental health or substance use situation. TRUST, which stands for “Trusted Response Urgent Support Team,” is a partnership between four agencies: Momentum for Health, Pacific Clinics, HomeFirst Services, and Santa Clara County.

TRUST offers a crisis hotline and field response team where people can call to request help for themselves or others. The TRUST team treats every situation on a case-by-case basis, providing responsive care without involving law enforcement and triaging other teams when needed. In addition, the program offers social support through mobile vans that travel Santa Clara County.

In its first year, TRUST has helped hundreds of local residents by responding to homes, workplaces, and other sites in the community, and referring people to

appropriate levels of care. Now, TRUST has expanded into a 24/7 field response team serving 10 unique cities in the area.

Field response teams have traveled across Santa Clara County to provide support and raise awareness of the service. Vans have bottled water, clothing, diapers, feminine hygiene products and other essentials, in addition to trained staff who are ready to listen when needed.

TRUST offers a broader lens for support, beyond mental health or substance use programs. The teams meet people where they are, whether or not they have a diagnosis, with an inclusive, peer-oriented approach. In the words of Bindu Khurana-Brown, Associate Director of our Crisis Stabilization Unit and Mobile Response, “We’ll come to them and we’ll understand them in whatever way they need to be understood.”

TRUST in Action

A Meals on Wheels worker called TRUST after visiting a recently widowed older man on his meal delivery route and noticing a decline in his living conditions and physical well-being. The TRUST team contacted him and ultimately connected the man to social support. Through many interactions like this, TRUST is changing lives in Santa Clara County.

From family support to agency support

Momentum for Health has been a driving force in ensuring access to mental health services in Santa Clara County for more than 70 years. We are honored to have long-time donors who have stayed involved throughout our history.

Lynn Dellaporta is one of those. In the early 1980s, a family member began receiving services with Momentum. During this challenging and uncertain time, Lynn felt the Momentum organization provided a lot of support to her family. She and her mother began volunteering to support the mission.

“We began volunteering with the family support group and helping out during special events,” she said. She and her mom set tables and cooked and served food to clients during holiday meals.

Throughout the years she has continued to volunteer her time, to donate material items as needed, and to give financially. Today, she helps with Momentum’s annual fundraiser. She’s passionate about maintaining these services for the community.

“Everyone can find small ways to help the agency. If you currently support Momentum, talk to others and share ways they can support the mission.”

—LYNN DELLAPORTA

“When a person has a mental health challenge, it affects their whole lifestyle, their housing, their ability to maintain and continue a job,” she said. “It affects their relationships throughout their life.”

Her family member still receives services with Momentum, which encourages her to stay involved. But, she said, she would still donate even if he weren’t. She encourages those around her to donate as well.

The family support has been one of the most meaningful aspects of working with Momentum for her. Lynn has helped organize family education nights to help family members of clients learn more about their loved one’s condition and the services available.

In addition to financial giving, Momentum for Health needs donated items. When the organization put together a book drive to gather new reading material for the clients, Lynn checked her bookshelves and had her friends do the same.

“Everyone can find small ways to help the agency,” she said. “Review the website for current needs. Pay attention. If you currently support Momentum, talk to others and share ways they can support the mission.”

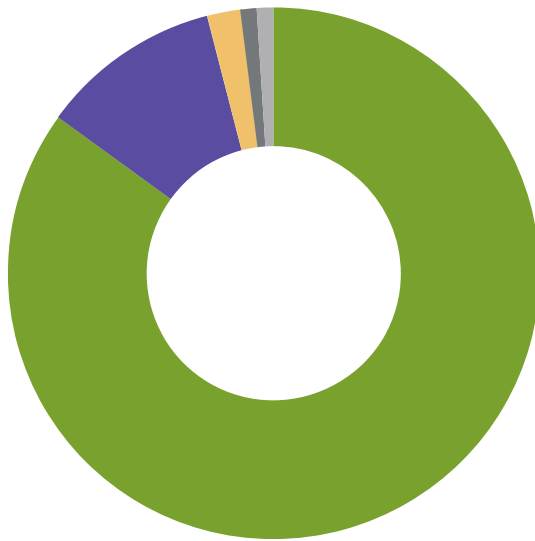


For more information on giving, please visit: www.momentumforhealth.org/waystogive

Financials

Revenue Total:

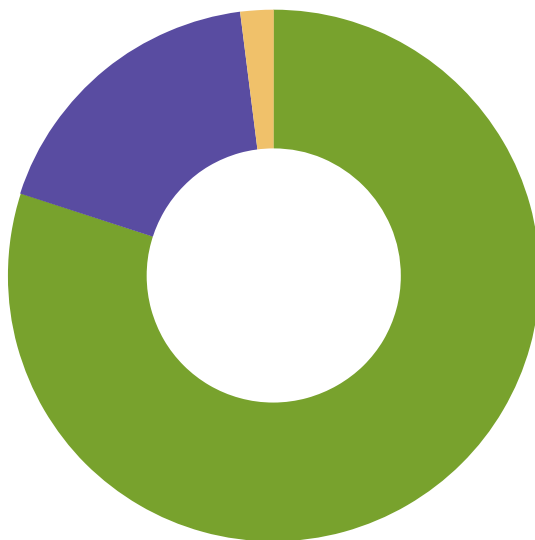
\$64,965,402



- Santa Clara County 85.8% | \$55,740,315
- Commercial Insurance 10.4% | \$6,756,402
- Contributions 1.5% | \$974,481
- Other Government Revenue 1.3% | \$844,550
- Other Revenue 1.0% | \$649,654

Expenses Total:

\$69,966,832



- Program 80.8% | \$56,533,200
- Management & General 18.2% | \$12,733,963
- Fundraising 1.0% | \$699,668

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Pictured Below: At Parisi House on the Hill, the beloved fish tank is a main attraction for clients and visitors of all ages.



Thanks to Our Donors

The following is a list of individuals and organizations who made a contribution to Momentum for Health between July 1, 2022 and June 30, 2023.

Government and Foundations

AmazonSmile Foundation	Jewish Silicon Valley	Santa Clara Family Health Plan
Benevity Community Impact Fund	JustGive- Great Nonprofits	Schwab Charitable
Borgenicht Foundation	Kaiser Permanente	Silicon Valley Community Foundation
Capital Group American Fund	Los Altos Mountain View Community Foundation	Sorci Family Foundation
City of Palo Alto	Morgan Hill Kiwanis Youth Fund	Summit League
County of Santa Clara Board of Supervisors	Morgan Stanley	Sutter Health
Dallas Jewish Community Foundation	Myra Reinhard Family Foundation	The Catholic Community Foundation
El Camino Health	One Workplace	The Geschke Foundation
El Camino Healthcare District	Parasol Foundation Trust	The Heidenreich Foundation
Fidelity Charitable	Pershing	The Trombetta Family Foundation
Give Lively Foundation, Inc.	Saint Andrew's Episcopal Church	United Way of the Bay Area
		Valley Health Foundation

Individuals and Corporations

\$50,000+

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\$20,000+

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**Help Us Keep Up
the Momentum!**

Learn More About the
Momentum Fund





Mark Your Calendars

Recovery Showcase

Saturday, September 21, 2024

11:00 a.m. - 3:00 p.m.



Celebrate National Recovery Month by supporting local artists who are on their recovery journeys from substance use and mental health challenges. Artists will be selling their

original art, jewelry, stickers, toys, and more—plus, enjoy food vendors, live music, and activities for all ages. Join us!

Star Chefs

Sunday, September 29, 2024

3:00 - 7:00 p.m.



You're invited to join Momentum on a captivating culinary journey at our first-ever Star Chefs fundraising event! Enjoy exquisite small plates prepared by top Bay Area chefs, all

paired with perfectly complemented wines, beers, or spirits—helping our community in the process.